

Video 3: Leadership Skills and Attitudes

Photo with title of video

This video talks about how you'll learn the skills and attitudes that will make you an effective Leader.

Host speaking

Most of the learning will be done by reviewing a *Checklist of Topics in Preparation for LLL Leadership*. You'll discuss each topic with a supporting Leader and may do some activities to reinforce what you are learning. Let's look at some of the topics in each section:

Photo of mother breastfeeding with help from a Leader

Helping one-to-one. This section covers most of the communication skills we expect Leaders to use, such as active listening, giving empathetic responses, gathering information. There are also topics about sharing La Leche League philosophy, confidentiality and the different ways Leaders answer questions one-on-one - in person, on the phone, via email.

Host speaking

For practice, you might try role-playing some helping questions, filling out the Leader's Log while doing a practice phone call or practice giving empathetic responses. Planning and Leading Series Meetings.

Photo - LLL Meeting

For this section you will learn what to consider when planning a Group gathering and what makes it a positive experience for those attending. For practice, you could plan the next series of meetings and think of discussion questions for each one.

Host speaking

You could also write out the introduction you'd like to use as a Leader, or report on a book in the Group Library. *Managing the Group*

Photo - Leader talking at a Series Meeting

This covers such topics as fundraising, maintaining a Group Library, sharing responsibilities with co-Leaders,

Photo - Attendees at Series Meeting

organizing your La Leche League materials, diversity and inclusion

Photo - Dad holding baby looking a camera

and *The International Code of Marketing of Breastmilk Substitutes*, also called the WHO Code.

Host speaking

For an activity you might create a meeting notice or poster.

Black screen with words: "Keeping up-to-date"

Keeping up-to-date.

Host speaking

Breastfeeding management information changes as new research is done. And how La Leche League functions changes as new policies are created and new documents used.

LAD Videos Script

Photo - *Leader Today* page from LLLI website

Thus, it is important that Leaders keep up-to-date by reading publications such as *Leader Today*, a journal for La Leche League Leaders, and La Leche League International News emails.

Host speaking

Since most documents and current information are available online, you'll want to be very familiar with the La Leche League International website and any website for your Area or entity. The last basic Leader responsibility is helping others become Leaders.

Photo - Leader talking with a potential Applicant

Your discussion on this topic will include: identifying potential Applicants, the pre-application discussion, the role of the supporting Leader during the application and ways to help the Applicant transition to the new role of Leader.

Host speaking

To familiarize yourself with this Leader responsibility, you might role-play a pre-application discussion with you pretending to be the Leader and your supporting Leader playing the role of someone interested in leadership. Afterwards, practice filling out a Leader Recommendation form from what you have learned during the role-play.