



TIPS — BECOMING A T.E.A.M. LEADER

WITH YOUR CHILD AND PARTNERING AS A FAMILY

We all approach the **T**ogether **E**liminate **A**ntisemitism **M**omentum (T.E.A.M.) leader starting line with different understanding and **that's O.K.** Check the box after each tip and you are on your way to becoming an effective leader!

TIPS	Yay! I know this already	I want to learn more about this
1. Parents and children together can advance to success faster.		
2. Slow and steady makes learning easier.		
3. Sometimes T.E.A.M. members need hours, days, or even weeks to process information from family meetings.		
4. If I want to be an effective leader I start with myself.		
5. Starting with myself means I use techniques to calm myself before each T.E.A.M. at home meeting.		
6. Deep breathing or belly breaths are the foundation of most calming techniques.		
7. Effective leaders schedule regular T.E.A.M. meetings rather than just when antisemitic incidents happen.		
8. In T.E.A.M. meetings, a leader uses only active listening which requires following four essentials.		
9. The first essential of active listening is face-to-face, full attention to the speaker.		
10. In addition to face-to-face full attention to the speaker, the other three essentials of active listening are open body language, restating speaker's words, and deferring judgment on speaker's message.		