SHOLA RICHARDS

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Shola Richards is a best-selling author and workplace civility expert whose work has been featured on the Today Show, CBS, Forbes and Black Enterprise among many others. Richards is a best-selling author whose research around true kindness and civility is featured in his books, Making Work Work and Go Together.

PERSONAL REFLECTION

"Who am I to start a movement, think I can change the world, or help someone struggling? If you want someone to follow you because they choose to, not because they have to, it's the realisation that no one is too small to make a difference."

How would you describe yourself?

- ☐ I don't care right now, I'm too young to make a real difference.
- ☐ Not sure, I haven't thought about it until now.
- ☐ I think I have influence and I do my best to pay it forward.
- ☐ I'm 100% in. I know I have influence; I am making a difference and I want my life to count for something good.

Learning to be a great leader means making good decisions for yourself now, that build up to be great habits over time.

What habits could you start now, that help you to build civility in your life. Choose one habit that you could implement into your life today.

- ☐ When someone else is talking to me, I will listen to them. I will stay focussed and not zone out.
- ☐ When I'm in a conversation with others, I won't use my phone. The person in front of me comes first.
- ☐ If I disagree with someone or feel angry, I won't yell back or say harsh words. I'll watch the tone of my voice and think about what I choose to say.
- ☐ I will show kindness to everyone, even if I don't know them, like them or agree with their values.
- ☐ I will stand up for what I believe to be truth but will always respect other people's opinions and beliefs. I will show a willingness to learn.

DISCUSSION

"If you ever think you're too small to make a difference, try to fall asleep with a mosquito in the room."

Discuss in your small group this question: what does the mosquito statement above mean to you?

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Pick one of these scenarios and workshop practical ideas for what it could look like to 'be the mosquito' in that situation:

1. You constantly see rubbish / litter scattered around on the street. For whatever reason, people leave it behind or don't put it in the bin.
2. You're aware Global Warming is an issue in the world today and want to make a difference.
3. The culture of the place where you go to school or work is negative. People constantly gossip or talk about each other, they're rude and sometimes even cruel.
4. Extreme hunger is something many young people face around the world and you're passionate about helping to make poverty history.
5. Cancer is scary, and you know someone who is fighting it to survive. You want to raise awareness and funds to help find a cure, but it just seems too big.

> **"Even though the mosquito is small, it knows it can make a difference far greater than he; go forth and be the mosquito."**

NEXT STEPS

From the idea you discussed above, why not start being the mosquito and make a small difference today?

YOUR NOTES

THE BIG IDEA!

What is ONE key takeaway or idea you can implement from this leader?