



Longoria's TMA Leadership Program

Leadership in martial arts isn't just about mastering techniques and learning how to punch and kick; it's about shaping discipline, and empowered individuals who can lead both on and off the mats.

Who Is Eligible?

- Advanced Juniors (Blue Belt & Up)
- Advanced Teens and Adults (Blue Belt & Up)

How Much Does It Cost?

- Nothing! It is already included as part of your training.

When Is It?

- An additional feature of regular class time

Each month will focus on a different *Tenet*, or *theme* in our Leadership. One of our goals is to foster conversation off the mats. You may find your student coming home asking a question or for your feedback. This is intentional, as each week has a *Next Step or Challenge* we're issuing. You can also find opportunities on the ride home or around a meal to ask; "hey, what are you learning about leadership this week?"

So you as parents/trusted adults are better equipped you'll find information on the backside for this month's topic. Please let us know if you have questions or feedback on how the Leadership Program is impacting your youth.

This is all part of the **GTMA Leadership Program** rolled out to our entire GTMA Family. A bonus for us at Longoria's is the writers of the program is here in Lincoln and a Longoria's family, at *Leadership Harbor*. If they can be of help to you please reach out.



Parents/Caregivers, Our friends, and partners at **Leadership Harbor** are here to support you. Join the **Leadership Harbor Youth Impact Division Facebook Group**. A place to share, converse, think, and grow together as Parents, Educators, and others who have an Impact on Youth. facebook.com/groups/leadershipharboryouthimpact

Empathy - *Why is it so important as a leader and as a person to have empathy? Empathy is the ability to understand and share the feelings of another.*

(Feb 12) Week 1: Empathy - For Myself - *We learn to lead ourselves to better understand our interactions with and empathy for others.*

- Define Empathy and its impact as a Black Belt Leader.
- Understanding our own perspective before empathizing with others.
- Recognizing the Circle of Control and understanding what we can and can't control.
- Brainstorming strategies to pause before making judgments..

NEXT STEP/CHALLENGE: *Ask your trusted adult their top 3 positive "I Am" statements in the mirror. Share yours with them.*

Parent Point: *"Leading yourself well means that you hold yourself to a higher standard of accountability than others do." - John Maxwell*

(Feb 19) Week 2: Empathy - Communicate It! - *Let's look at the difference between hearing and listening.*

- Differentiating between hearing and active listening.
- Recognizing emotions and responding empathetically.
- Practicing scenarios on communicating empathy effectively.
- Brainstorming healthy outlets for stress relief.

NEXT STEP/CHALLENGE: *Discuss healthy stress relief outlets as a family.*

Parent Point: *"Contrary to our beliefs, showing vulnerability is not a sign of weakness - it actually communicates that we care."*

(Feb 26) Week 3: Empathy - Stay CALM - *Life as a leader can get tough, but when we learn to remain CALM, we'll be more equipped to lead with empathy and direction.*

- Understanding the importance of remaining calm in stressful situations.
- Practicing active listening and remaining fully present.
- Creating a CALM list for stress management techniques.
- Asking the right questions to gain a better understanding of others' situations.

NEXT STEP/CHALLENGE: *Create a CALM list with your trusted adult/family for ways to manage stress.*

Parent Point: *"We rise to the level of our expectations and fall to the level of our training." - Archeolocus*

(Mar 4) Week 4: Empathy - It Can Change Your World! - *When we learn to have empathy, it can change our world.*

- Sharing personal stories and experiences to foster empathy.
- Understanding the impact of listening and showing empathy.
- Exploring empathy within the martial arts community and beyond.
- Reflecting on the importance of empathy in building a supportive community.

NEXT STEP/CHALLENGE: *Share a personal empathy-related story with your trusted adult.*

Parent Point: *"People don't care how much you know until they know how much you care." - Theodore Roosevelt*

