

# Star Search Leadership

*"Creating Leaders and Champions – On Court and Off"*



## The Power of Being You

**What is self-esteem and self-confidence and why are they important to your performance on and off the tennis court?**

**Self-esteem:** This is your perception of yourself. People who have high levels of self-esteem are comfortable in their own skin and are happy with what they see in the mirror. You are unique, one of a kind, and you exhibit special "super powers" so **BE PROUD to be YOU!**

**Self-confidence:** This is your view on your own abilities to do something. It could be that you are confident in your forehand, or your serve, but maybe not that confident in your backhand. Your level of self-confidence is usually a result of hard work on that skill and the results of overcoming obstacles (perseverance) when using that skill. Remember what Roger Federer said in Unit 2 on decision making to improve your self-confidence: ***"There is no way around the hard work. EMBRACE IT."***

## The Power of Being You

Let's start by getting a better understanding of "You." To learn a little more about ourselves we are going to do a FUN test - what a test? Yes, a test but no worries, this test will be FUN and everyone WILL PASS with flying colors. You will learn your "True Colors" in this unit which is a FUN form of a Meyers-Briggs personality test. Each of us has dominate colors but we may need to use many, if not all 4, at various times on and off the court to be successful and reach our goals.

Once done with our True Colors test, we will be decorating our own Super Hero Capes with our strengths, our super hero powers and our best shots too! Look out coaches - today's session is likely to be SUPER!

**So, what are your Super Power True Colors?  
True Colors – Know Your Personality Type**

Rank each grouping across each row from **left to right** as to the highest priority in your life or most like you to the least like you. Rank each group of character traits from 1 (least like you) to 4 (most like you) in each row. Don't use a number twice in each row.

Add the numbers in each column to determine the amount of each color in your personality.

<b>Orange</b>	<b>Gold</b>	<b>Blue</b>	<b>Green</b>
Active, Variety, Sports	Organized, Plan, Neat	Nice Helpful Friends	Learning Science Privacy
Fun Action Contests	Clean On-Time Honest	Caring People Feelings	Curious Ideas Questions
Playful Quick Adventuresome	Helpful Trustworthy Dependable	Kind Understanding Giving	Independent Exploring Doing Well
Busy Free Winning	Follow Rules Useful Save money	Sharing Getting along Animals	Thinking Solving Problems Challenge
Exciting Lively Hands-on	Pride Tradition Do things right	Nature Easy Going Happy Endings	Books Math Making Sense
Amount Orange_____	Amount Gold_____	Amount Blue_____	Amount Green_____
_____%	_____%	_____%	_____%

## True Colors - Orange Character Traits

### **Values:**

Freedom, Adventure, Fun/Play, Variety, Spontaneity

### **Joys:**

People, fun, Adventure, Excitement, Performing

### **Strengths:**

Independence, Flexibility, Energy, Taking action, Optimism

### **Needs:**

Freedom, Variety, Money, Recognition, Expression

### **Stresses/Frustration:**

Being on time, Waiting, Lack of money, unnecessary routine, Rigidity

### **Life Philosophy:**

"Forget the torpedoes, full speed ahead!"

### **Nicknames:**

Troubleshooter, Negotiator

### **Leadership Strengths:**

Welcomes change and taking risks, Excels in crisis situations, Flexible, yet practical

### **Keys to Leadership Success:**

Action, Variety, Performance, Fun, Freedom, Spontaneity

### **Keys to Personal Success:**

The impulse to really live, Testing limits, The need for variety, Spontaneous relationships

### **Team Contributions:**

Quickly diagnoses problems, works well under pressure, Sees opportunities

### **How it helps to understand orange friends:**

Be active with them and do not slow down. Be energetic and ready to go. Be adventurous, optimistic, spontaneous, and fun. Compete in fun when appropriate. Do not play heavy.

### **How it helps to understand orange teachers:**

Because they like students to solve problems and to move quickly, be open and ready to wing it. Be willing to work on your hands-on activities. Respect their changes of directions and fast pace. Get actively involved in class.

### **How it helps to understand orange parents/adults:**

Compliment their generosity and sense of humor. Use a direct, right-to-the-point approach. Get involved in physical activities with them. Respect their lack of structure and need for spontaneity.

## WHEN I AM ORANGE...

- I act on a moment's notice.
- *Witty - Charming - Spontaneous*
- I consider life as a game, here and now.

- *Impulsive - Generous - Impactful*
- I need fun, variety, stimulation, and excitement.
- *Optimistic - Eager - Bold*
- I value skill, resourcefulness, and courage.
- *Physical - Immediate - Fraternal*
- I am a natural trouble-shooter, a performer, and a competitor.

**Orange May Perceive Self As:**

- Flexible, Easy-Going- Able to Do Many Things
- Having a Playful Attitude- Adventurous, Courageous
- Exploring New Possibilities- Valuing Freedom
- Clever, Good Negotiator- Bold, Assertive
- Open to Change- Fun-Loving, Enjoying Life
- Having Many Interests- Independent

**Others May Perceive Orange As:**

- Irresponsible- Taking Unnecessary Risks
- Goofing Off Too Much- Resisting Closure or Decisions
- Manipulative- Obnoxious
- Unable to Stay On Task- Immature
- Scattered- Self-Centered

**Oranges Are Stressed Out By:**

- Repetition- Too Much Responsibility
- Following Detailed Directions- Rules and Regulations
- Routine- Being Stuck at a Desk
- Deadlines- Abstract Concepts
- Inactivity- Reading Manuals
- Lack of Fun- Imposed Structure
- Lack of Variety- Personal Criticism

## **True Colors - Blue Character Traits**

**Values:**

Honesty, Friendship, Sensitivity, Harmony, Compassion

**Joys:**

Romance, Family, Friendships, Music, Affection

**Strengths:**

Communication, Creativity, Nurturing, Sincerity, Listening

**Needs:**

Harmony, People, Understanding, Love, Affection

**Stresses/Frustration:**

Disharmony, Uncaring, Time limits, Insincerity, Lack of romance

**Life Philosophy:**

"To thine own self be true"

**Nicknames:**

Catalyst/Energizer

**Leadership Strengths:**

Creates enthusiasm and energy, Finds potential in others, Natural democratic leader

**Keys to Leadership Success:**

Authenticity, Harmony, Uniqueness, Self-actualization, Cooperation, Personal relationships

**Keys to Personal Success:**

Devotion to relationships, Making a difference in the world, Seeking harmony,  
Self-searching

**Team Contributions:**

Ensures group participation, Brings inspiration and enthusiasm, Values open and honest communication

**How it helps to understand blue friends:**

Spend quality time, one-on-one with team. Be aware that they wear their hearts on their sleeves. Listen to them as they listen to you and be supportive. Share your thoughts and feelings and praise their imagination and creativity.

**How it helps to understand blue teachers:**

Respect their concern for the feelings of students. Get along with other students in the class. Offer your ideas and feelings and give the teacher positive feedback. Appreciate their warmth and caring attitude. Be dramatic and expressive.

**How it helps to understand blue parents/adults:**

Respect their need to know about you. Be truthful, sincere, helpful, open and communicative. Take a creative approach to problem solving and cooperate with other family members. Show that you value them through thoughtfulness.

## WHEN I AM BLUE....

- I need to feel unique and authentic.
- *Enthusiastic - Sympathetic - Personal*
- I look for meaning and significance in life.
- *Warm - Communicative - Compassionate*
- I need to contribute, to encourage and to care.
- *Idealistic - Spiritual - Sincere*
- I value integrity and unity in relationships.
- *Peaceful - Flexible - Imaginative*
- I am a natural romantic, a poet and a nurturer.

**Blue May Perceive Self As:**

- Having Feelings- Seeing the Best in Others
- Compassionate- Nurturing
- Romantic- Liking to Please People
- Idealistic- Wanting Harmony
- Empathetic- Great Communicator
- Caring- Valuing Feelings

**Others May Perceive Blue As:**

- Very Emotional- Too Trusting
- Overly Sensitive- Smothering
- Mushy- Too Soft, Too Giving
- Too Tender-Hearted- Weak
- Easily Persuaded- Talking Too Much
- Too Nice- Illogical

**Blues Are Stressed Out By:**

- Broken Promises- Lying
- Too Much Negative- Rejection
- Not Being Involved- Insincerity
- Lack of Social Contact- Completing Paperwork
- Clock Watching- Placing the System Before People
- Being Compared to Others- Conflict

## **True Colors - Gold Character Traits**

**Values:**

Loyalty, Dependability, Honestly, Responsibility, Perfection

**Joys:**

Time for family, Home, Job satisfaction, Order, Sense of family

**Strengths:**

Organization, Commitment, Consistency, Responsibility, Dependability

**Needs:**

Stability, Time, Consistency, Organization, Appreciation

**Stresses/Frustration:**

Lack of control, Change, Disloyalty, Money insecurity, Inconsistency

**Life Philosophy:**

"Be prepared"

**Nicknames:**

Stabilizer/Traditionalist

**Leadership Strengths:**

Establishes and follows policies, procedures and rules, meticulous attention to detail

**Keys to Leadership Success:**

Tradition, Dependability, Loyalty, Discipline, Trustworthy, Decisiveness

**Keys to Personal Success:**

Work ethic, Predictability, Sense of history, Home and family

**Team Contributions:**

Stabilizing force, Gets the job done

**How it helps to understand gold friends:**

Try to be organized, efficient, dependable and loyal. Remember to be on time. They are generous and like things to be returned. Respect their need for security and do what you say you will do.

**How it helps to understand gold teachers:**

Pay attention to details and be neat and orderly. Respect their need for rules and regulations. They value their position as a teacher, so follow directions carefully. Make an extra effort to be on time for class.

**How it helps to understand gold parents/adults:**

Respect their need for tradition and stability. Be loyal, dependable and truthful. Be up front with them and understand their desire for structure and security. Be clean and neat in appearance.

## WHEN I AM GOLD...

- I follow the rules and respect authority.
- *Loyal - Dependable - Prepared*
- I have a strong sense of what is right and wrong in life.
- *Thorough - Sensible - Punctual*
- I need to be useful and to belong.
- *Faithful - Stable - Organized*
- I value home, family and tradition.
- *Caring - Concerned - Concrete*
- I am a natural preserver, a good citizen and helpful.

**Gold May Perceive Self As:**

- Consistent- Realistic
- Providing Structure- Decisive, Seeking Closure
- Goal-Oriented- Dependable
- Very Traditional- Concerned About Security
- Knowing Right From Wrong- Follower of a Routine
- Loyal to Organization- Having Leadership Ability

**Others May Perceive Gold As:**

- Rigid, Inflexible- Lacking Imagination
- Controlling, Bossy- Judgmental
- Too Serious- Boring
- Resistant to Change- Uptight
- Opinionated- Predictable
- System-Bound- Autocratic

**Gold's Are Stressed Out By:**

- Incomplete Tasks- Non-Conformity
- Disorganization- Lack of Structure
- Irresponsibility- Haphazard Attitude

- Changing Details- Too Many Things Going On At Once
- Lack of Direction- People Who Don't Follow Through
- Waste- Ambiguous Tasks

## **True Colors - Green Character Traits**

### **Values:**

Intellectual (achievements), Logic, Knowledge, Competency

### **Joys:**

High achievement, Recognition of ideas, Personal achievement, Meeting challenges, Investigation

### **Strengths:**

Confidence, Analysis/Analytical, Logic, Problem-solving, Determination

### **Needs:**

Challenge, Need to understand, Autonomy, Truth and Facts, Accuracy

### **Stresses/Frustration:**

Rules, Unfairness, Incompetence, Confusion, Nonsense rules

### **Life Philosophy:**

"Knowledge is power"

### **Nicknames:**

Visionary/Architect

### **Leadership Strengths:**

Excellent analytical skills, Enjoys complicated theories and models, Comfortable with rapid change

### **Keys to Leadership Success:**

Clarity, Competence, Intelligence, Logic, Ideas, Critical Thinking

### **Keys to Personal Success:**

Using precise language, Exploring ideas, Abstract thinking, Striving for competence

### **Team Contributions:**

Can see the "big picture", Can see potential barriers, Not afraid to challenge the process

### **How it helps to understand green friends:**

Be aware of their curiosity about life. Respect their need for independence and know that they are caring even though they may not show their feelings easily. Reinforce their new ideas and concepts.

### **How it helps to understand green teachers:**

Be curious, observing, and ask lots of questions. Be open to their ideas and praise their competence and knowledge. Be original in your assignments. They like to say it once, so pay attention the first time.

### **How it helps to understand green parents/adults:**



Respect their preoccupation with wisdom, knowledge, ideas and logic. Help them with the day-to-day details and praise their ingenuity and intelligence. Think ahead because they are future-oriented.

## WHEN I AM GREEN...

- I seek knowledge & understanding. *Analytical - Global - Conceptual*
- I live life by my own standard. *Cool - Calm - Collected*
- I need explanations & answers. *Inventive - Logical - Perfectionistic*
- I value intelligence, insight, fairness and justice. *Abstract - Hypothetical - Investigative*
- I am a natural non-conformist, a visionary and a problem solver.

### **Green May Perceive Self As:**

- Confident- Good at Analysis/Objective
- Mentally Tough- Having Ability to Reprimand
- Logical, Rational- Having High Expectations
- Visionary, Inventive- Respecting Knowledge
- Self-Controlled- A Deep Thinker
- Enjoying One's Own Company

### **Others May Perceive Green As:**

- Arrogant, Know It All- Critical, Fault-Finding
- Cold, Hard- Lacking Compassion
- Insensitive- Unappreciative of Others
- Head in the Clouds- Intellectually Demanding
- Cool, Aloof, Unfeeling- Argumentative
- Afraid to Open Up- Absent Minded

### **Greens Are Stressed Out By:**

- Not Being In Charge- Small Talk
- Lack of Independence- Routine
- Subjective Judgment- Social Functions
- Elaborate Use of Adjectives- Lack of recognition of their abilities
- Emotional Displays- Incompetence

**MY TRUE COLORS  
BETTER UNDERSTANDING OF "THE POWER OF BEING ME"**

**MY DOMINATE COLOR IS:**

WHAT ARE MY STRENGTHS?

WHAT STRESSES OR FRUSTRATES ME?

WHAT COLOR (CHARACTER TRAIT) DO I NEED UNDER THESE CONDITIONS?

WHEN I AM BEHIND AND GETTING TIRED?

WHEN I NEED TO ANALYZE MY Oponent's GAME TO FIGURE OUT A WAY TO WIN?

WHEN I AM ON COURT WITH MY COACHES AND THEY ARE GIVING US INSTRUCTIONS, OR WE ARE DISCUSSING SEPECIFIC CONCEPTS THEY ARE TEACHING US?

TO ALWAYS SHOW UP FOR MY LESSONS, AND MAKING SURE MY TENIS BAG AND I AM READY FOR A MATCH?

**TRUE COLORS OF MY PARENTS:**

**WHAT STRESSES OR FRUSTRATES THEM?**

1.

2.

3.

4.