**Leadership and Happiness**

[](http://www.crazydadlife.com/awakening-leadership/)     Throughout the year you have spent some time preparing for your future careers. Having an understanding of what you want to do as an adult is certainly important, but **what type of person you will be** and **how happy you are** may be even more crucial. Today, we are going to discuss topics such as leadership, motivation, and happiness as well as watch leaders in each field share as they share their unique perspectives.

**Everyday Leadership**

* Never Failed, Never Lived <http://www.youtube.com/watch?v=q6CaHJwsSE4>
* Drew Dudley - Lollipop Moments <http://www.ted.com/talks/drew_dudley_everyday_leadership.html>
  + Drew Dudley explains his experience with a "lollipop moment" and how, by being himself, he was able to make someone else's life better.  That challenge was posed to the students.  Each were given two lollipops and asked to pass those lollipops on to people who had changed their lives.

**Movements and Motivation**

* Have you ever wondered how fads, or movements, get started?  Have you ever wondered if great leaders made mistakes along the way?  Check out the following videos about movements, failure, and success as a leader.
* Derek Sivers, How to Start a Movement - <http://www.ted.com/talks/derek_sivers_how_to_start_a_movement.html>

**Change**

* We have the power to make changes, changes in our own lives and other people's.  Today, we will view videos and have discussion about we can make positive changes in the world around us.
* Michael Costigan is a young speaker who encourages others to defy the odds.  We all face obstacles in our lives, and we can let those obstacles hold us back, or we can defy the odds and achieve our goals.  Our students here at SAMS can accomplish anything they set their minds to.
* Michael Costigan Intro Video - <http://www.youtube.com/watch?v=rqcn_k6oQaA>
  + Defy the Odds - <https://www.youtube.com/watch?v=pszv_qHfxZg>

**VictimProof**

* ​​Our students have the power to change lives, and this fact is never more applicable than how kids treat other in schools.  Kids have learned not to be bullies, but they must also learn not to become victims.
* Follow or review our discussion on this Prezi [http://prezi.com/3j\_hspswqsz6/bullying/​​](http://prezi.com/3j_hspswqsz6/bullying/)

**Happiness**

* For our last leadership lunch we will focus on the topic of happiness.  Students will first be given a blank page (with a beach) to write items they believe will make them happy in the future.
* We will follow up our list with a video from Shawn Achor, who states that happiness is not based on external factors, but the way we look at the world. <http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html>
* We will conclude out discussion with an article that highlights the research of happiness.  The message to the students is that, above all, try to be happy in your life.