



THE NATIONAL SOCIETY OF
LEADERSHIP AND SUCCESS

BUILDING LEADERS WHO MAKE A BETTER WORLD



PROGRAM GUIDE: LIVE & LIVE-ONLINE

FOUNDATIONS OF LEADERSHIP

     #theNSLS | nsls.org

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WELCOME TO THE NATIONAL SOCIETY OF LEADERSHIP AND SUCCESS!

In the Foundations of Leadership program, we teach the fundamentals of leadership, empowering others to conquer whatever lies ahead, and to become a stronger leader. Along with peers at your local chapter, you'll be joining a community of more than 1.5 million NSLS members nationwide. Throughout your leadership journey, you'll be supported every step of the way by your Chapter Leader(s) and the National Office.

This is where your path to leadership begins—and it starts now! Congratulations on taking the first step toward becoming a leader who makes a better world.



ORIENTATION

Orientation is the jumping-off point on your journey with the NSLS. It sets the tone for the events to follow and is a key step in the Foundations of Leadership Certification. Orientation offers you the chance to:

LEARN MORE ABOUT THE NSLS

MEET YOUR CHAPTER LEADERS

LEARN MORE ABOUT MEMBER BENEFITS

EXPLORE THE NSLS LEADERSHIP PROGRAM

ACTIVATE PERSONAL GOALS

The following activity will help you get started by connecting with others. Keep in mind; this will also be a lot of fun! Many of our members have reported building great relationships through the NSLS, and it all begins at Orientation.

ORIENTATION: **COMMONALITIES**

[CONNECT WITH OTHERS HERE TODAY](#)

[LEARN MORE ABOUT THE NSLS](#)

[MEET YOUR CHAPTER LEADERS](#)

[LEARN MORE ABOUT MEMBER BENEFITS](#)

[EXPLORE THE NSLS LEADERSHIP PROGRAM](#)

[ACTIVATE PERSONAL GOALS](#)

In the space below each question, write down your group members' names and notes about the commonalities found in your group. Then, highlight or circle the item your group had most in common.

What is something you've done recently that made you happy?

What is an accomplishment that you're proud of?

If you were given 2 extra hours a day, what would you do with it?

If your group has extra time, answer these additional questions:

Describe an event that pushed you to want to be better at something.

What's a skill that you particularly admire in someone you know?

What gets you up in the morning? Describe your core passion.

ORIENTATION:

HISTORY AND GENERAL NSLS INFORMATION

CONNECT WITH OTHERS HERE TODAY

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EXPLORE THE NSLS LEADERSHIP PROGRAM

ACTIVATE PERSONAL GOALS

NSLS membership is much more than an excellent resume builder. In addition to all your member benefits, you'll also gain access to the only accredited leadership program offered by a national honor society.

As a reminder, you're sitting in the first event of your Steps to Induction.

During this entire experience, you'll learn the principles and behaviors needed to be a strong leader. These include identifying your passions and purpose to help you set successful goals. Use the space below to take notes or write down questions to ask.

STEPS TOWARD LEADERSHIP INDUCTION



1. ORIENTATION

2. LEADERSHIP TRAINING DAY

3. SPEAKER BROADCASTS

4. SUCCESS NETWORKING TEAMS

5. INDUCTION

Questions/Notes

Chapter Leader information

ORIENTATION: GOALS CHART

CONNECT WITH OTHERS HERE TODAY

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ACTIVATE PERSONAL GOALS

Use the chart below to complete the goals activity. Label each item according to the following:

- "P" for PAST - you've already accomplished this goal.
- "F" for FUTURE - you definitely want to accomplish this goal one day.
- "N" for NEVER - you never ever want to do this.
- Use the write-in space to add your own goals.
- Circle or highlight your "P" PAST Goal you're most proud of.
- Circle or highlight an "F" Future Goal from each category (Happiness, Health, Impact, Career).

| HEALTH | | HAPPINESS | |
|--------|---|-----------|---|
| | Complete a run/walk goal consistently | | Raise a family |
| | Achieve a long-term health or nutrition goal | | Develop more meaningful, personal relationships |
| | Give myself scheduled social media and/or technology breaks | | Perform on stage in front of others |
| | Get adequate sleep regularly | | Play on a team |
| | Keep a daily journal | | Learn a musical instrument or new language |
| | Incorporate meditation into my daily routine | | Travel or explore a new place |
| | Write-in goal: _____ | | Write-in goal: _____ |
| | Write-in goal: _____ | | Write-in goal: _____ |
| IMPACT | | CAREER | |
| | Host a charity event | | Earn a promotion at work |
| | Petition or advocate for something I am passionate about | | Win a company award |
| | Earn a leadership position | | Make 500 meaningful LinkedIn connections |
| | Fundraise \$1,000 for a worthy cause | | Start my own business |
| | Complete 50 hours of community service | | Earn a job/internship I want |
| | Help with a random act of kindness | | Achieve a 3.5+ GPA |
| | Write-in goal: _____ | | Write-in goal: _____ |
| | Write-in goal: _____ | | Write-in goal: _____ |

ORIENTATION:

FUTURE GOAL

Now that you've circled or highlighted an "F" FUTURE goal in each category, choose the one that excites you the most and write it here:

Reflection Question: What is it about your Future Goal that excites you the most?

Keep this goal in mind. We're going to revisit this goal in our next session: Leadership Training Day.

OPTIONAL:

Write down something that excited you during your Orientation.

WHAT'S NEXT

The next part of your steps to Induction is to attend **Leadership Training Day!**

- ORIENTATION
- LEADERSHIP TRAINING DAY
- 3 SUCCESS NETWORKING MEETINGS
- 3 SPEAKER BROADCASTS
- INDUCTION



LEADERSHIP TRAINING DAY

Welcome to your Leadership Training Day (LTD) event! This is your chance to connect with like-minded NSLS members so let's stay focused on today's goal: creating a personal network of motivated leaders who build a better world.

The LTD is designed to carry on the NSLS' fundamental philosophies about leadership. These foundations create a solid starting point. We can't teach you everything about leadership in a few hours because as a topic, leadership is a years-long engagement process.

Today, we'll provide tools to help you explore new mindsets and examine how your beliefs are impacting goal achievement. We'll take time to focus on personal goals while also considering how to create inclusive spaces for others.

Here's what you'll do today:

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

LEADERSHIP TRAINING DAY: **COMMONALITIES**

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

In the space below each question, write down your group members' names and notes about the commonalities found in your group. Then, highlight or circle the item your group had most in common.

What was your last New Year's Resolution and did you accomplish it?

What hobbies or activities do you enjoy?

When have you accomplished something as part of a team?

If your group has extra time, answer these additional questions:

What's the most exciting thing you're working on right now?

What is something that's easy for you to do but hard for others?

What do strangers always compliment you on?

LEADERSHIP TRAINING DAY:
PAST MAD LIB

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

Using your Goals Chart from the Orientation section, titled Orientation: Goals, complete the following activity.

Write in your "P" PAST Goal you're most proud of:

Using your "P" PAST goal, fill in the blanks below to complete your Past Mad Lib.

The goal that I have already accomplished that I'm most proud of is _____ . I decided to work toward this goal because _____. The skills I needed to accomplish that goal were _____. Through working towards this goal, I learned a few things about myself, including _____. I can achieve anything I put my mind to.



“

Nothing in life that's worth anything is easy.

President Barack Obama

LEADERSHIP TRAINING DAY:
FUTURE MAD LIB

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

Using your Goals Chart from the Orientation section, titled Orientation: Goals, complete the following activity.

Write in your "F" FUTURE Goal that excites you the most:

Using your "F" FUTURE goal, fill in the blanks below to complete your Future Mad Lib.

The goal that I want to accomplish is _____.

I want to work really hard to achieve this goal. I decided to work toward this goal because _____. The skills I need to accomplish this goal are _____.

If I hit a barrier or challenge when working toward this goal, I am going to _____.

I can achieve anything I put my mind to.



“

Don't you dare underestimate the power of your own instinct.

Barbara Corcoran

LEADERSHIP TRAINING DAY: SMART GOALS

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

SMART GOALS

Specific. Detailed.

Measurable. Milestones.

Actionable. Actions.

Rewarding. Fulfill your passion.

Time Specific. Includes and end date.

Evaluate if your "F" FUTURE goal that excites you the most based on the SMART criteria.

Is your goal:
(Check box yes/no)

| YES | NO | | |
|-----|----|-----------------------|------------------------------|
| | | SPECIFIC? | <i>If no, add specifics</i> |
| | | MEASURABLE? | <i>If no, add milestones</i> |
| | | ACTIONABLE? | <i>If no, add actions</i> |
| | | REWARDING? | <i>If no, add values</i> |
| | | TIME SPECIFIC? | <i>If no, add deadlines</i> |

Now, using the chart above, draft a SMART Goal Statement in the space below.

LEADERSHIP TRAINING DAY: INCLUSION ICEBERG

CONNECT WITH OTHERS

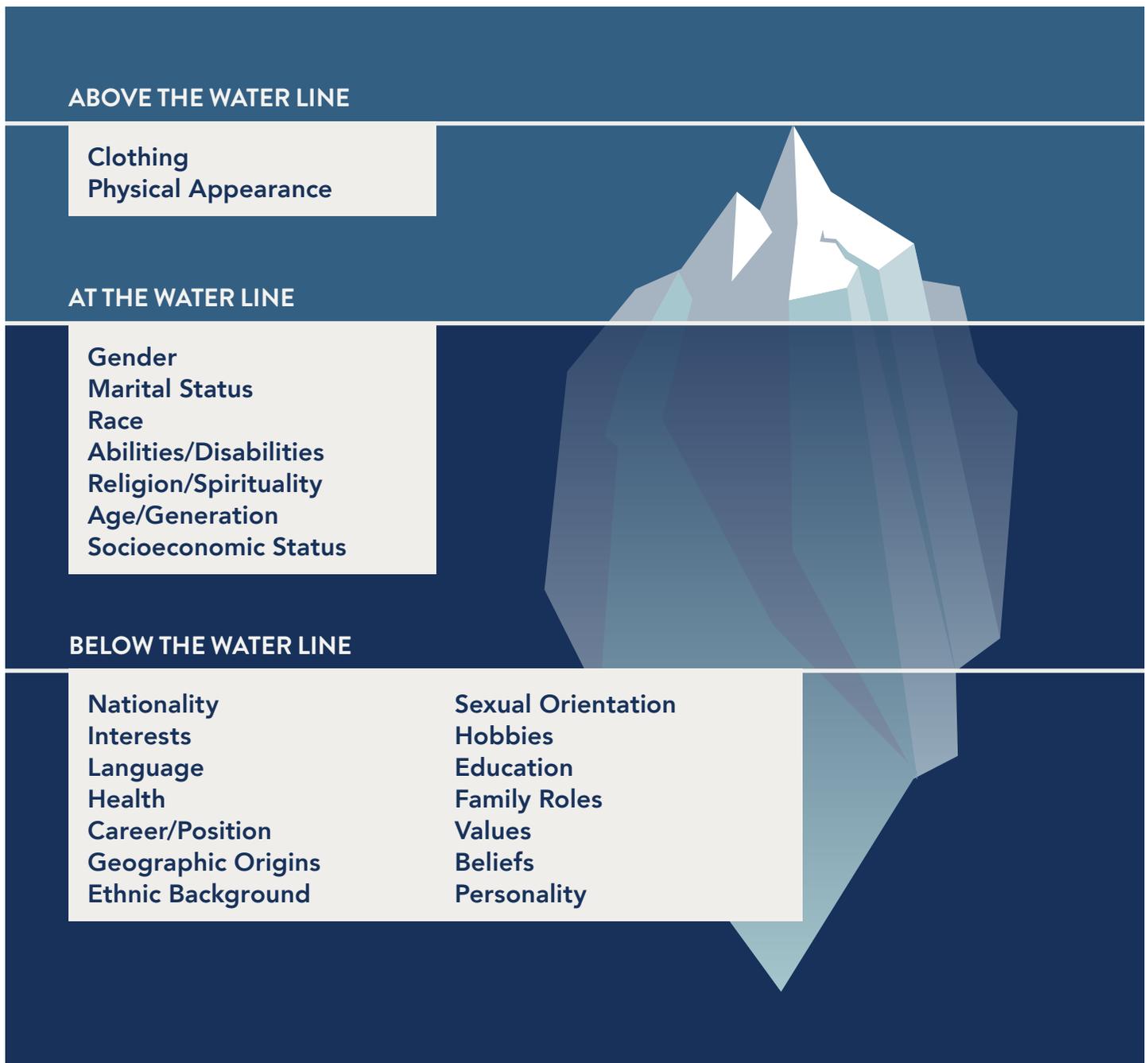
LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

Creating an inclusive network means leaders must see the world from a variety of perspectives. But what if, in our interactions with others, we only focus on the things we can see on the surface? This activity will help to develop the skills necessary to become a leader who looks beyond the surface and values others' perspectives.



Something you may not know just by looking at me is:

In this space, record what you learned about your group members that goes beyond the surface level things you can see.

WHAT'S NEXT

The next phase in your Steps to Induction is to complete **3 Success Networking Team Meetings** and attend **3 Speaker Broadcasts!**

- ✓ ORIENTATION
- ✓ LEADERSHIP TRAINING DAY
- 3 SUCCESS NETWORKING MEETINGS
- 3 SPEAKER BROADCASTS
- INDUCTION



SUCCESS NETWORKING TEAMS

The Success Networking Team (SNT) concept is based on leadership research that highlights the ways leaders collaborate within a tight-knit group of their peers to achieve more. These networks of supportive individuals help hold successful leaders accountable for reaching goals, offer support along the way, and help celebrate successes.

Within your SNT, you can discuss the Speaker Broadcasts, work on SMART goals, and share your progress. During the three required SNT meetings, remember to be inclusive, focus on actionable ways to meet goals, and enjoy developing relationships that will last a lifetime.

After each of the three SNT meetings, be sure to [log in to the NSLS Members Area](#) page and under the “My Membership” section, click the “Submit SNT Report” icon. NSLS advisors and staff will offer actionable feedback on your SNT reports to ensure you’re getting the most from these critical networking opportunities.

Here’s what you’ll do today:

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

**SUCCESS NETWORKING TEAMS:
MEETING #1**

CONNECT WITH OTHERS

LEARN ABOUT CLARIFYING PURPOSE

SET A SMART GOAL

PRACTICE INCLUSIVITY

ENGAGE IN A SUCCESS NETWORKING TEAM

Each chapter organizes SNTs differently. Your chapter leader will determine what group you'll be in. They will let you know whether your group will stay the same or change each time. Each SNT follows the same format:

- Share the draft of the SMART goal you chose (Leadership Training Day: SMART Goals section) with your group
- Gain feedback from your SNT about your SMART Goal
- Set action steps to achieve your SMART Goal
- [Submit your SNT Report:](#)



SMART GOALS WORKSHEET

Optional: Utilize the chart below to track your progress towards your goal. If useful, feel free to share your notes with your fellow SNT members during your next meeting.

| | | |
|---|------------------------|---|
| GOAL <i>Be specific and concise. Include the measure and time frame.</i> | MY GOAL IS... | ✓ |
| | Specific | S |
| | Measurable | M |
| | Attainable | A |
| | Relevant | R |
| | Time-bound | T |
| PURPOSE <i>Why is the goal relevant? What are the benefits?</i> | COMPLETION DATE | |
| | | |
| CHALLENGES <i>What are the challenges to overcome? What resources and skills are needed?</i> | | |
| | | |

SUCCESS NETWORKING TEAMS:
MEETING #2

In your SNT Meeting #2, share your progress towards goals with your group. Optional: Utilize the chart below to track your progress towards your goal. If useful, feel free to share your notes with your fellow SNT members during your next meeting.

| | | | |
|---|-------------------|----------------------|---|
| GOAL <i>Be specific and concise. Include the measure and time frame.</i> | | MY GOAL IS... | ✓ |
| KEY STEPS <i>How will you achieve your goal? What are the milestones and key steps?</i> | | | |
| Description | Start Date | Complete Date | ✓ |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Reflection / Notes

SUCCESS NETWORKING TEAMS:
MEETING #3

In your SNT Meeting #3, share your progress towards goals with your group. Optional: Utilize the chart below to track your progress towards your goal. If useful, feel free to share your notes with your fellow SNT members during your next meeting.

| | | | | |
|---|-------------------|----------------------|----------------------|---|
| GOAL <i>Be specific and concise. Include the measure and time frame.</i> | | | MY GOAL IS... | ✓ |
| KEY STEPS <i>How will you achieve your goal? What are the milestones and key steps?</i> | | | | |
| Description | Start Date | Complete Date | ✓ | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Reflection / Notes

WHAT'S NEXT

The last piece of your Steps to Induction is to attend **3 Speaker Broadcasts!**

- ✓ **ORIENTATION**
- ✓ **LEADERSHIP TRAINING DAY**
- ✓ **3 SUCCESS NETWORKING MEETINGS**
- 3 SPEAKER BROADCASTS**
- INDUCTION**

A photograph of Barack Obama, smiling and gesturing with his hands, wearing a dark suit and a light-colored shirt. The background is slightly blurred, showing a lamp and a framed picture.

SPEAKER

BROADCASTS

SPEAKER BROADCASTS

The NSLS Speaker Broadcasts are live conversations with incredible leaders. These interactive events are open to our members so we can all have the opportunity to learn from and be inspired by the best of the best. The speakers are carefully chosen for their ability to relate to a diverse audience. Barack Obama, George W. Bush, Deepak Chopra, Dr. Bernice King, Rachel Ray, and Carla Hall are just a few examples of our NSLS past speakers.

Our guests cover a variety of topics relevant to NSLS members: creating a vision, achieving goals, and ways to find success in any career.

WHAT'S NEXT

The last piece of your steps to Induction is to attend your Induction Ceremony!

- ✓ ORIENTATION
- ✓ LEADERSHIP TRAINING DAY
- ✓ 3 SUCCESS NETWORKING MEETINGS
- ✓ 3 SPEAKER BROADCASTS
- INDUCTION



INDUCTION

Induction is a formal ceremony celebrating and welcoming new members into the NSLS — a lifelong membership filled with benefits and access to a network over 1.5 million strong.

In order to reach induction, members must attend Orientation, Leadership Training Day, three Success Networking Team (SNT) meetings, and three Speaker Broadcasts with all submissions accepted through the NSLS Members area.

If you plan to participate in an induction ceremony, you must [confirm the status of your membership](#) at least **TWO WEEKS** prior to the scheduled event. This allows time for certificate printing and mailing.

✓ INDUCTION



WHAT'S NEXT?

Congratulations! You've successfully completed the Foundations of Leadership certificate program and launched your leadership journey as an inducted member of the NSLS.

Continue strengthening your leadership skills with the next step in our leadership development series. Each program offers certificate-level courses focused on self-leadership and personal development, as well as credit-level courses focused on team and community leadership. By completing these self-paced, asynchronous online courses designed to help you become a leader who builds a better world, you'll have the opportunity to earn digital badges, certificates, transcripts, and more.

If you continue on a **certificate path**, you'll build on the insights from FOL in our **Advanced Leadership** certificate course, where you'll learn the fundamental principles and behaviors of leadership while engaging in self-reflection and growth mindset work. Then you'll advance to the **Executive Leadership** certificate course, where you'll commit to personal leadership development by designing and completing a **Better Me: Better World Project**.

Ready to continue on your certificate path?

ENROLL TODAY



If you're interested in a **credit path**, your next step is to enroll in the **Foundations of Leadership: Principles of Leadership** course where you will identify your personal leadership style. Then, you will complete the **Advanced Leadership** credit course, where you will work on a team to plan and propose a solution to a real world challenge. Finally, you'll complete the **Executive Leadership** credit course, which is designed to support students in making a positive impact in their local communities through the creation and completion of a **Better Community: Better World Project**.

If you have questions about any of these many opportunities to invest in your growth and development, email the NSLS at help@nsls.org and someone will be happy to assist you in taking the next steps on your leadership path.

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