



Handshake Columbus

June 2017

Session 4: Passion



Pre-Game: *Warm-Up (Completed prior to session)*

Prior to the session, in order to explore your thinking a little, answer the following four questions in the spaces provided. Be ready to discuss your responses.

<p>1) Consider something you've been truly passionate about. A sport. A person. A hobby. An experience. A goal. What drove that passion? Where did it come from?</p>	<p>2) We often think of passion as pure, and unadulterated by thinking, planning or processes. Is this true? Does passion simply spring up from our gut, or is there a place for planning our passions?</p>
<p>3) Watch the TedTalk titled "Never, Ever Give Up" by Diana Nyad on YouTube. As you watch, try to take a few notes. Consider what she says in light of what you've already thought about: perseverance. Additionally, think about what she says, and about what she's done, that tell you she's passionate about her goals.</p>	<p>4) After watching the video, you're probably realizing that passion and perseverance are closely related. In what ways are they similar? How can you separate them? Does one come from the other? Are they linked in some interesting way? What's the relationship between perseverance and passion? Try to dig beyond your first response.</p>

Session: *Game-Time*

Now that you've explored prior to tonight the idea of PASSION from your own perspective, we'll spend time during this session developing and unfolding those ideas even more, working to expand our perspective and challenge our thinking.

Stretch: 10 minutes

Within your team, introduce yourselves to any guests sitting with you or anyone you do not know. Share your name, your school (company), your sport, and something interesting and unique about yourself. Share how your day has been so far today. Jot some notes down about your teammates to show you care and want to learn about them.

Within your team, share your responses to the video you watched in the pre-game warm up prior to the session. What did others in your team think about the connected nature of PASSION and PERSEVERANCE? Are there additional insights for you, either in the similarities or the differences of your understandings?

Speaker: Fran Horowitz, CEO Abercrombie & Fitch - 20 minutes



Discussion Drills: 20 minutes of small team discussion

Thinking about your pre-session work around PASSION, and about Fran Horowitz's speech discuss the following questions with your team:

Broadening Our Perspective

- Where do you think PASSION comes from? Is it in you, from birth? Is it something you work to develop? Could it be both? How?
- What about your experiences (your athletics, academics, personal life, family life, financial experiences, gender, ethnicity, religious experiences, etc) caused you to think about PASSION as you do? Can you deconstruct your thinking enough to understand *how* and *why* you think this way?
- Does thinking about PASSION in one way or another (that it comes from birth, or is developed) cheapen it for you? Is it less interesting if someone just has it from birth, or is it less compelling if someone spent structured time trying to develop it?

Disrupting Our Assumptions

- Has someone who is particularly PASSIONATE about something ever annoyed you with their level of PASSION? Why do you think that was?
- Has anyone who has been tremendously PASSIONATE about something really inspired you to be better, try harder or dig deeper? How did that play out?
- Have you, or any you know, ever lost PASSION for something? Was that loss expected, or did it come out of nowhere? What did the loss of that PASSION do in other areas of your (or their) life?

Connecting Our Thinking

- Think about everyone's answers to the last question. Did a loss of PASSION in one area have an effect on other areas? Why do you think that was? What is it about PASSION that has this kind of overall impact?
- Depending on who you've thought about previous questions, you've likely come to a place where you believe PASSION can be, if even just a little bit, developed. If that's the case, discuss with your team how building PASSION in your life could change it.



7th Inning Stretch: 15 minutes

Share-Out: 20 minutes for discussion and sharing with the larger group

Thinking about your pre-session work around PASSION, and about Fran Horowitz's speech about it, and about your team's discussion, what is it that your team could say definitively about PASSION? If you were going to design a leadership development course for your peers at school, how is it you'd talk about PASSION? Try to develop a definition and/or explanation of PASSION that includes where it comes from, how one can harness it, the role it plays across someone's life, and so on.

Bonus if you can include any interesting ideas from our previous conversation about PERSEVERANCE as well.

Choose a spokesperson to share a 90 second definition and explanation of your work tonight. Make sure you write the definition and explanation your team comes up with (and notes from other team's definitions), as closely as you can, in the following box. You'll need it for your post-session work.

4th Quarter: 20 minutes

Now, in our final 20 minutes together, is the time to put all of our ideas, discussions and words to good use. What's the point of all this? How do we walk away from this night with fresh ideas, sharper thinking, and a game plan?

We'd like you to spend the next 20 minutes with your team and coach, strategizing how to best implement something you learned tonight.

What are you going to do with this opportunity? You've gotten to think about an idea (PASSION), talk about it with others, hear from some successful leaders around your city, and listen to the CEO of an international brand.

So what?

What are you taking with you tonight? How is the definition of PASSION that you worked on going to affect your week, or month, or year? How are the connections you're developing around this table going to affect the way you approach this summer?

This 20 minutes is for you and your team to think about, and discuss, what growth and development look like after spending time learning about PASSION.



Post-Game: *Cool-Down (Complete within the next 4 weeks)*

Go back to the definition and notes you took for the Share-Out portion of the previous session. This is when you and your team sought to create the best, most multi-faceted, assumption-busting definition of PASSION you could.

Now, a few days, or weeks, out, is there anything you would change about this definition? Tweak? Erase? Modify?

What feels like it holds true? What feels like it was wrapped up in the energy of the evening, and doesn't hold true for you, now, in the quiet of your own mind? Rewrite your own best definition of the idea of PASSION.

Look ahead to your schedule in the coming weeks. Where are going to focus on developing increasing PASSION around an idea, person, or pursuit? What will meaningful growth actually look like in that area? Who can hold you accountable to that?

Consider the previous session. We warmed up with some open discussion, went through some facilitated conversation with your coaches, and tried to apply some learning. What worked for you? What didn't work? How can you resolve to resolve this?

