

Pondering Point

What is **sportsmanship**? It is the initial reaction and attitude behind the results in a competitive situation. The opportunity to demonstrate sportsmanship is all around us. In the workplace, it comes into play when we find ourselves up against a colleague for the same job. How do we handle winning it or losing it knowing we have to see that person every day? Parents may feel competition at their kid's sporting events. Our integrity is how we present ourselves. Though it's only human to have and show emotions, we can ask ourselves, "*Am I being respectful with my reactions?*"

Why should we be 'good sports'? **People are watching us all the time and are interested in our reaction.** Exercising good sportsmanship helps to maintain a positive environment. Who likes a sore loser or a braggart? If we think of ourselves as leaders in this reactionary moment we understand we set the mood by our actions and reactions. It's a lesson in EMAPTHY, GRATITUDE and ACCEPTANCE. Be happy for the winner, grateful for what we have and where we are and accept the outcome.

Are you a GOOD SPORT?

*Do you know how to win?
Do you know how to lose?*



Imagine... knowing how to lose gracefully, win graciously and support each other to victory.

— From Pondering to Practice —

Activity

In a group (whether in a boardroom or around the dinner table) discuss the way each member handles winning and losing. What can we learn from each other?

Try this:

- One person starts off holding a soft ball and makes a positive comment (or recalls a specific example) of a time that someone in the group demonstrated good sportsmanship and tosses the ball to that person.
- The ball holder then throws the ball to another volunteer in the group that has not had a turn and recognizes them.
- Each person continues the pattern by throwing the ball and commenting about someone else.
 - Note: the ball holder has the option of sharing something about themselves and instances they dealt with sportsmanship.
 - *What are you celebrating?*
 - *What do you want to work on?*

Celebrate the comments that are made by the group and become aware of areas in need of improvement.

Self Reflection Activity

- Being a good sport means tying together social skills like social awareness, responsible decision making. What skills are you using to demonstrate good sportsmanship?
- How do you transition from the short-term reaction to handling the long-term situation?
- This is an opportunity to look at role modeling in our society. When we lose, do we view the winner as a positive model?
- Are we recognizing the positive aspects of that person and celebrating it with them?

"One man practicing sportsmanship is better than a hundred teaching it."

- Knute Rockne