



GIVING TO THE GROUP

Shared Leadership

RESOURCE FOR
PHYSICAL ACTIVITY PARTICIPANTS



Everyone Has Something Meaningful to Contribute

When we think about leadership, we often imagine someone standing at the front of a room, giving instructions, organizing activities, or making decisions.

But leadership can take many forms

Sometimes leadership looks like:

- welcoming someone new
- offering encouragement
- sharing an idea
- helping set up equipment
- inviting someone into a conversation
- noticing when someone is being left out
- helping everyone have a chance to participate

These contributions may seem small, but they help shape the entire experience. Movement communities do not thrive because of one leader. They thrive because many people contribute. Every participant brings something of value. You do not need special skills, experience, or authority to influence a group in positive ways.

Every time you:

- encourage another person
- share a smile
- offer support
- help someone participate
- contribute an idea
- make space for others

you are helping create an environment where people feel welcome and included



Everyone Has Something Meaningful to Contribute

As Leon, one participant in our InterActive for Life research shared:

I like to play. And I encourage people to play. I try and get people not to hit it directly back. It is a much better game when people are paying attention. Every 20 minutes I try to get people to move around because the ball basically stays in the center. People on the edges don't get so much action, so every 20 minutes people on the edge sit in the centre and people in the front sit in the back. It's more interesting to be playing than watching.

Leon was not simply participating in the game.
He was helping others participate too.

InterActive for Life Reflection

Giving to the group does not mean taking over.

It means contributing.

Sometimes we lead.

Sometimes we support.

Sometimes we encourage.

Sometimes we simply show up consistently.

The question is not:

"Am I the leader?"

The question is:

"What can I contribute?"

Challenge

The next time you participate in a movement activity, ask yourself:

"What can I give to this group today?"

And remember:

It could be as simple as a smile, a greeting, an encouraging word, or helping someone feel included.

Participant Activities

TO INSPIRE SHARED LEADERSHIP

1

The Contribution Challenge

Before your next activity begins, ask yourself:

"How would I like to contribute today?"

Possible contributions:

- encouraging someone
- helping set up
- welcoming a newcomer
- sharing an idea
- helping clean up
- supporting a teammate

Reflection

How did your contribution affect the group?

Participant Activities

TO INSPIRE SHARED LEADERSHIP

2

Notice Who Might Need Support

During an activity, look around.

Notice:

- someone new
- someone standing alone
- someone appearing uncertain
- someone trying something challenging

Challenge

Choose one simple action:

- ☒ Say hello
- ☒ Offer encouragement
- ☒ Invite participation
- ☒ Ask a question
- ☒ Share your experience

Reflection

What happened?



Participant Activities

TO INSPIRE SHARED LEADERSHIP

3 The Invitation Challenge

Leadership often begins with an invitation.

Challenge

Invite someone to:

- join a conversation
- partner with you
- participate in an activity
- share an idea
- sit with you

Discovery

How does an invitation help people feel included?



Participant Activities

TO INSPIRE SHARED LEADERSHIP

4

Share One Strength

Think about something you know or do well.

Examples:

- remembering names
- welcoming people
- organizing
- encouraging others
- sharing music ideas
- explaining activities

Challenge

Use one of your strengths to support the group and then reflect on how this went.



Participant Activities

TO INSPIRE SHARED LEADERSHIP

5 Recognition Challenge

Pay attention to the contributions of others.
Notice when someone:

- helps another participant
- welcomes a newcomer
- offers encouragement
- contributes an idea

Challenge

Acknowledge their contribution.
Examples:

- ✓ "Thanks for helping."
- ✓ "That was a great idea."
- ✓ "You made that easier."
- ✓ "I appreciate your support."



Participant Activities

TO INSPIRE SHARED LEADERSHIP

6 Making Room for Others

Shared leadership includes helping everyone participate.

Challenge

Notice:

- Who talks the most?
- Who talks the least?
- Who gets the most opportunities?
- Who gets the fewest?

Ask yourself:

"How can I help create space for others?"

7 My Role in the Group

Complete the sentence:

I contribute to groups by

Reflection

What role feels most natural to you?

What role would you like to explore more often?



Participant Tips

FOR SHARED LEADERSHIP

Tip #1: Small Contributions Matter

You do not need a title or special role to make a difference.

Tip #2: Everyone Has Something to Offer

Different people contribute in different ways.

Tip #3: Notice Before You Lead

Good leaders pay attention to what others need

Tip #4: Belonging Is a Shared Responsibility

Everyone helps create the experience.

Tip #5: Support Is Leadership

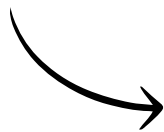
Encouraging others is a form of leadership.





Curious for more?

- [Quick tips for physical activity facilitators](#)
- [Complete the InterActive for Life Inventory](#)



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