* Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
* If I look back, there are several occasions when I had to don the role of leader. The one I remember most vividly is when I started playing basketball in middle school. Basketball was the first team sport I played. Earlier, I used to participate in individual athletic events only, like 100 and 200 meter race.

There is one match that I particularly remember in which I played the role of a leader for my team. It was an interschool match that we necessarily had to win to proceed further in the tournament as we had already lost two initial matches. In the match I was the Vice captain of my team. During the first quarter of the match, the captain of our team suffered an injury and was unable to continue with the match, so our coach declared me as a captain. Before the beginning of the second quarter my team had totally shed their confidence levels as one of our main player was injured and moreover we were lagging behind in the match scores. At that point of the match I felt that it was a golden chance for me to showcase my leadership skills and with united group efforts make my team win. I guided my teammates and just asked them to give their best and play with unity. In this way with united team efforts we won the match and this victory boosted my confidence as a captain a lot. After that I was the captain of my team for rest of the matches also.

From this opportunity of being a captain I obtained a lot of vital qualities of a leader such as I have significantly improved my communication skills, learnt to appreciate constructive criticism and to be a good planer, a better listener and have faith in other teammates.

All in all, I have developed a lot of qualities of a leader from these experiences but still there are many more things that I need to learn to demonstrate myself as a good leader.