**Describe what you've learned about yourself as a leader and team member through your past experiences. Provide specific examples. What skills will you further develop and/or address in the near future and how? (maximum 200 words)**

I walked off the court, my face sweaty and my hands dusty. We had won that tournament. Being in a Throwball team wasn’t that easy, we had to make sacrifices, look past our mistakes but most of all – we had to learn to respect each other. Holding the silver medal, I smiled at my Relay team, we shared the joy of winning second place but also the sorrow of losing the first place yet the sportsmanship within us didn’t die out; we did not play the blame game. Distributing McDonalds happy meals to 5000 underprivileged children across my city required us to not only work in a team but also to coordinate with each other and the orphanages. Teamwork made me realise that communication is the remedy to any problem that a team may face. It taught me to assert my opinions without forcing them upon my teammates and most of all to give clear inputs to make the team going. Team work has helped me grow into the person I am today. It improved my leadership skills as I would take over the task if my team members happen to be incompetent. To lead a team meant overcoming the sense of self-doubt and to be confident in the work I do. Patience is a skill that I am developing on in order to be not just a good leader but a great leader.