**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 throwball 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 being the first runners up, 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.

I believe sportsmanship defines a person’s capability of working a team-player. It is absolutely necessary for every team member to keep the best interests of the team as the priority. My participation in throwball and relay tournaments helped me be a better team-player as these sporting activities requires a lot of coordination and communication. The team needs to hone their communication and coordination skills for best results.

Likewise, distributing McDonalds Happy Meals to 5000 underprivileged children across my city required us to work in a team and coordinate with each other. Being a part of the team made me realise that communication is the remedy to any problem. I learnt to express my opinions without forcing them upon my teammates, and most of all, the necessity of giving clear inputs to make the team’s functioning smooth. My leadership skills strengthened in the process of understanding the team dynamics and implementing various ideas to assure best results. Patience is a skill that I am working on as it would aide my aspiration to be a commendable leader.