

# Affiliations & Disclosures

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Leadership through  
sport and dance:  
developing the heart of a leader

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# Agenda slide

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**What is leadership?** Section 1

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**Partner dance exercises** Section 2

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**Team sport exercises** Section 3

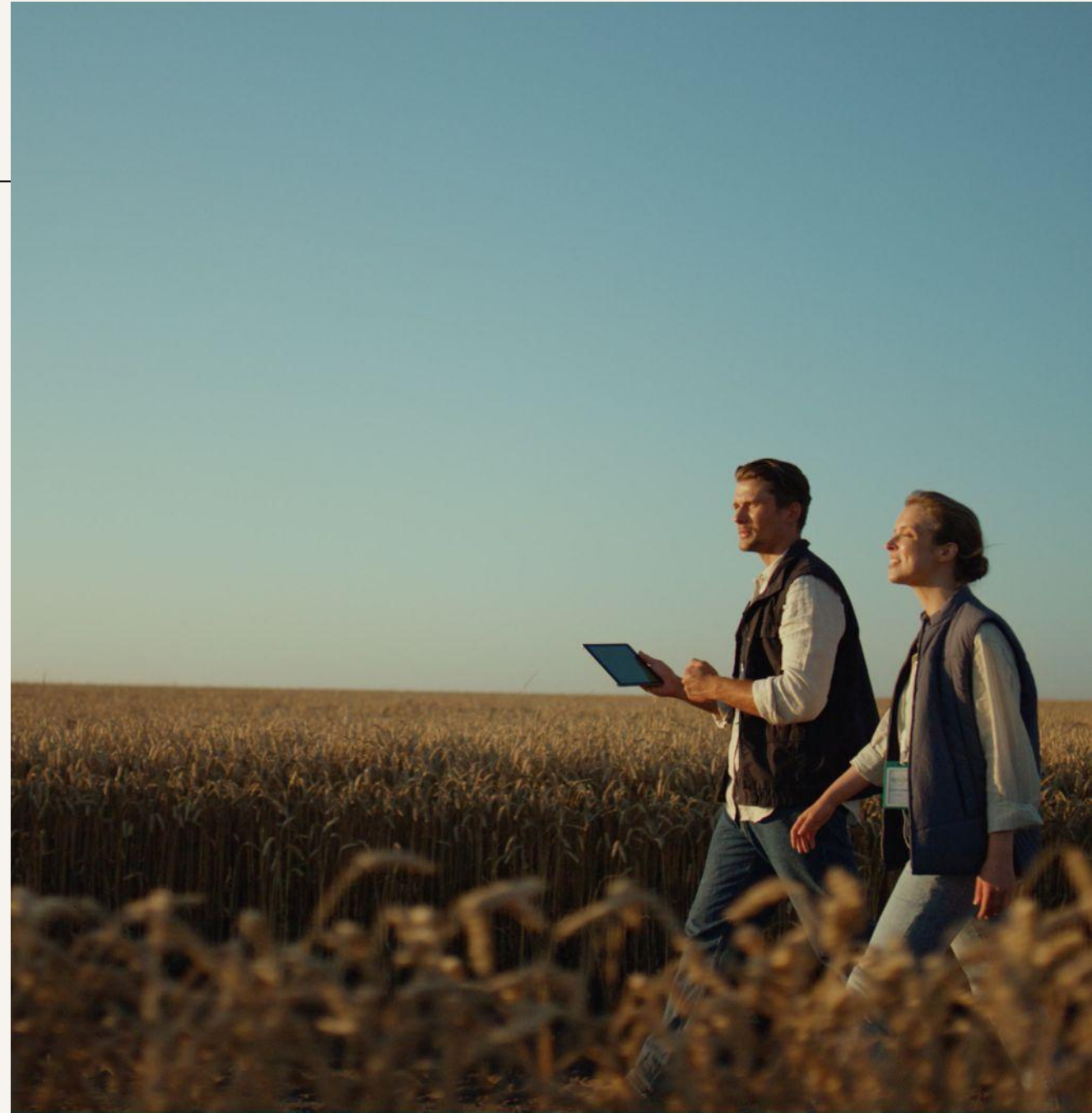
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**Integrating learnings** Section 4

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**Challenge** Section 5

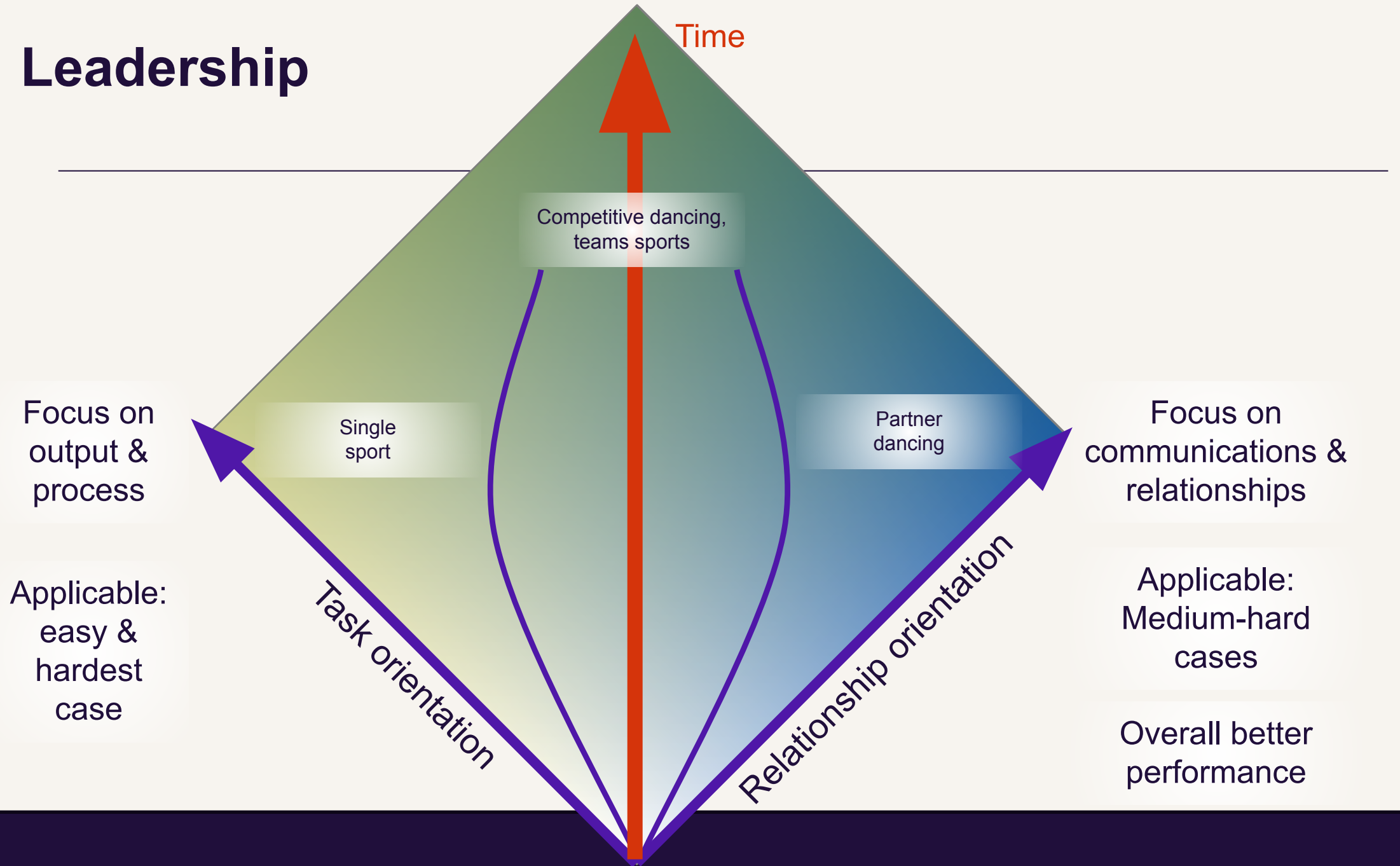
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The background features a complex, abstract pattern of swirling, glowing light. The colors transition from deep blues and purples to bright, almost white highlights, creating a sense of depth and movement. The patterns resemble liquid light or energy fields.

**What is  
leadership?**

# Leadership



Time

Competitive dancing,  
teams sports

Single  
sport

Partner  
dancing

Focus on  
output &  
process

Focus on  
communications &  
relationships

Applicable:  
easy &  
hardest  
case

Task orientation

Relationship orientation

Applicable:  
Medium-hard  
cases

Overall better  
performance

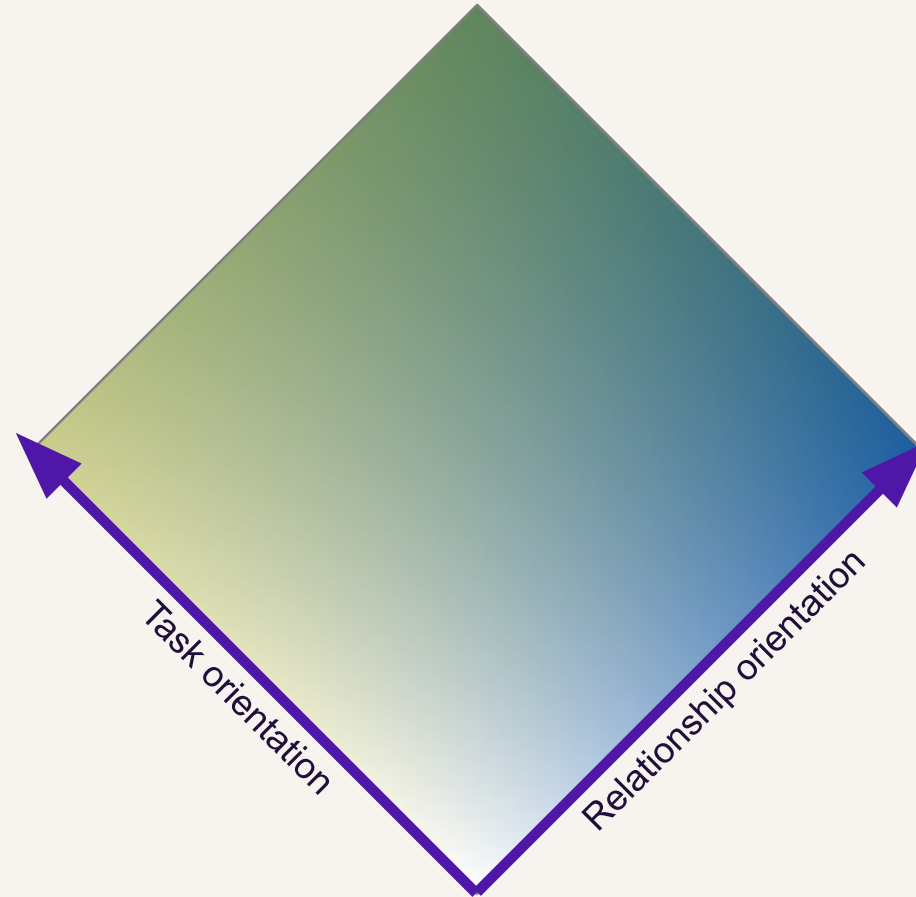
# Your leadership in the room

Close to us -  
perfect leaders

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To the left -  
Task leaders

To the right -  
Relational leaders



Back end - No  
leadership

# Takeaway

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Attendees will leave with a clear idea about the context they want to be a leader in and what skill to improve for it.



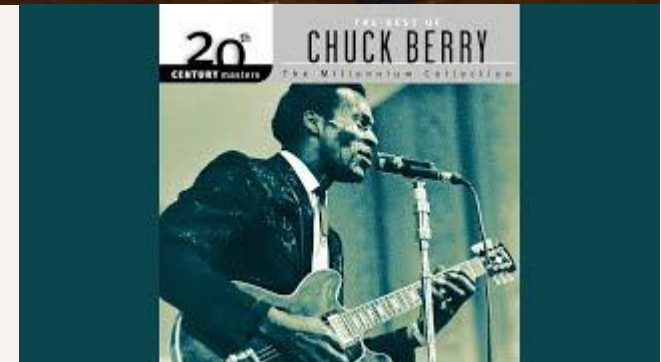
The background features a dynamic, abstract composition of swirling light patterns. The colors transition from deep blues and purples to bright, glowing cyan and magenta, creating a sense of movement and depth. The patterns resemble fluid, organic shapes that flow across the frame.

# Partner dance exercises

# Starter exercise

To warm up to the challenge

- Split it into 2 groups (random): red and blue
- Match 1 red with 1 blue (random)
- 30 seconds w/partner
- No structure, no talking



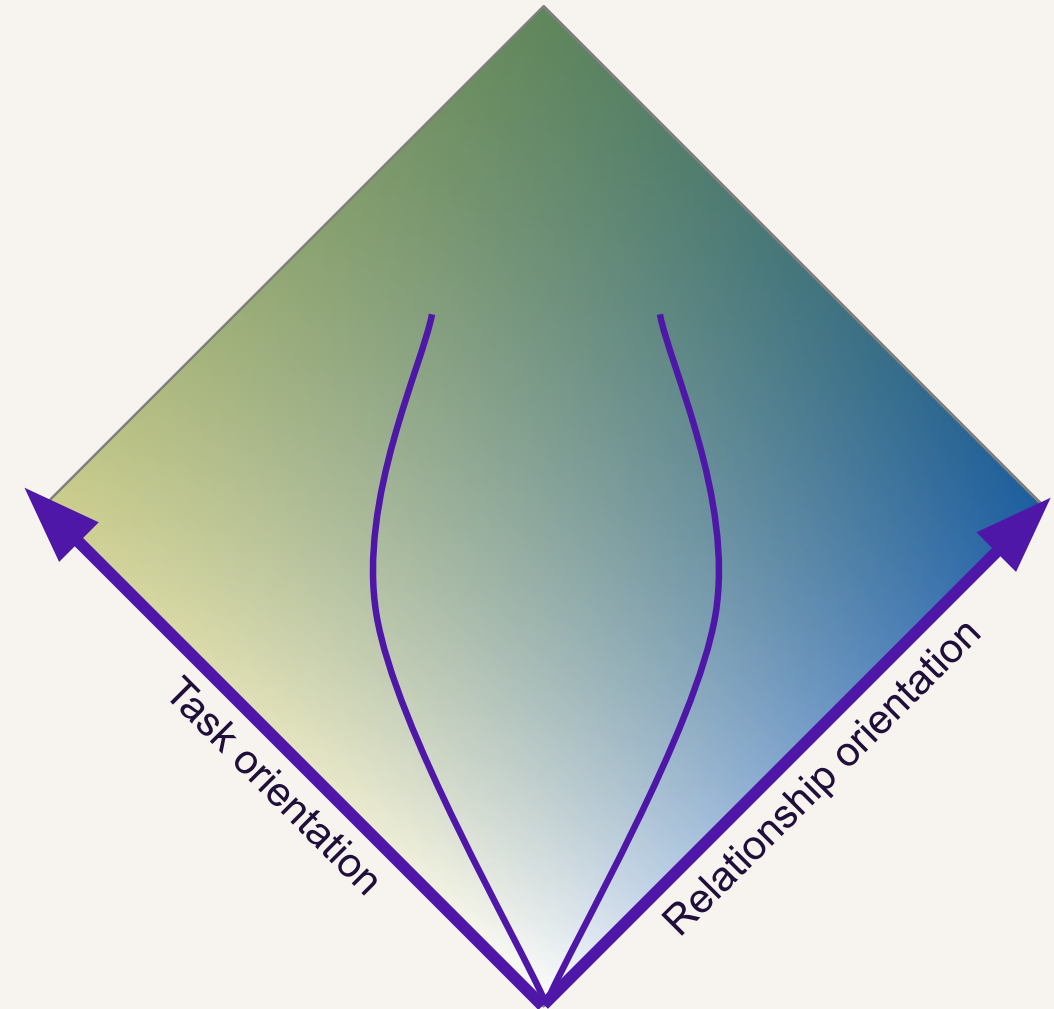
# Retrospective

Optional subtitle, sentence case 20pt

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## Ask your group

- What happened? How did it go? What kind of leader were you?
- 30s with their partner
- 30s to the group



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# Heuristic

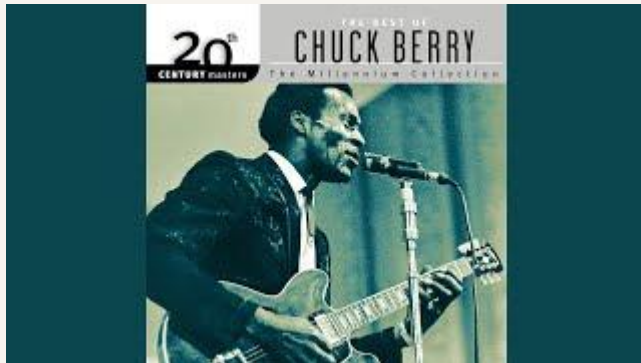
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Leader-Member Relations	Task Structure	Leader's Position Power	Most Effective Leader
Poor	Unstructured	Weak	Task-oriented

# Stepping up

## Adding structure

- Add structure: define the lead
- Your team should dance
- 30s with blue as lead
- 30s with red as lead



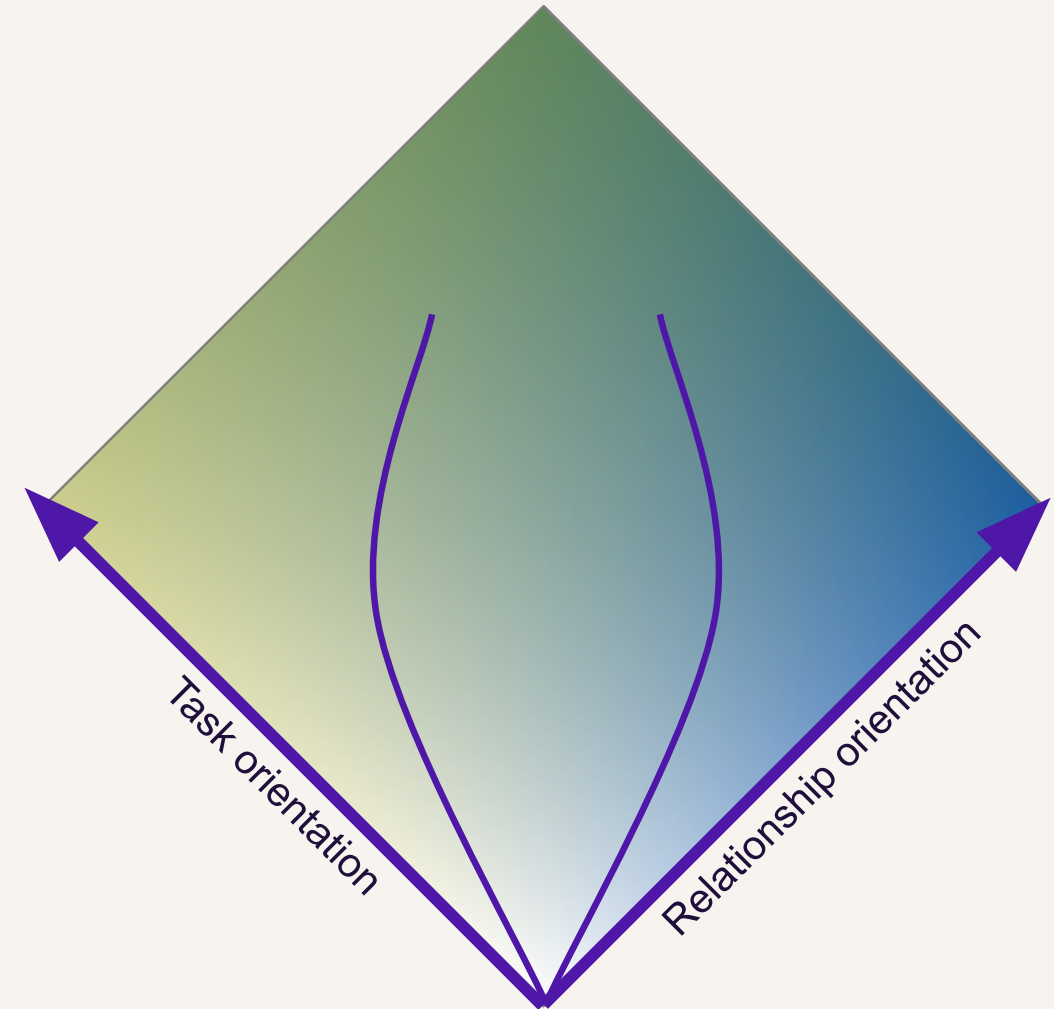
# Retrospective

Optional subtitle, sentence case 20pt

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Ask your group

- What happened? How did it go?
- Difficulties from the perspective of
  - Leader 30s, follower 30s
- Where do you feel better? Why?



# Heuristic

Leader-Member Relations	Task Structure	Leader's Position Power	Most Effective Leader
Poor	Unstructured	Strong	Relationship-oriented
Poor	Unstructured	Weak	Task-oriented

# Purpose

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## Why these exercises:

- **Freestyle:**
  - Difficulty managing a synchronised enterprise without structure
  - Awkwardness of role definition
  - Meta communication is often missing
- **With lead**
  - Hard to deliver moves
  - hard to decide and communicate what to do
  - Difficulty trusting partner

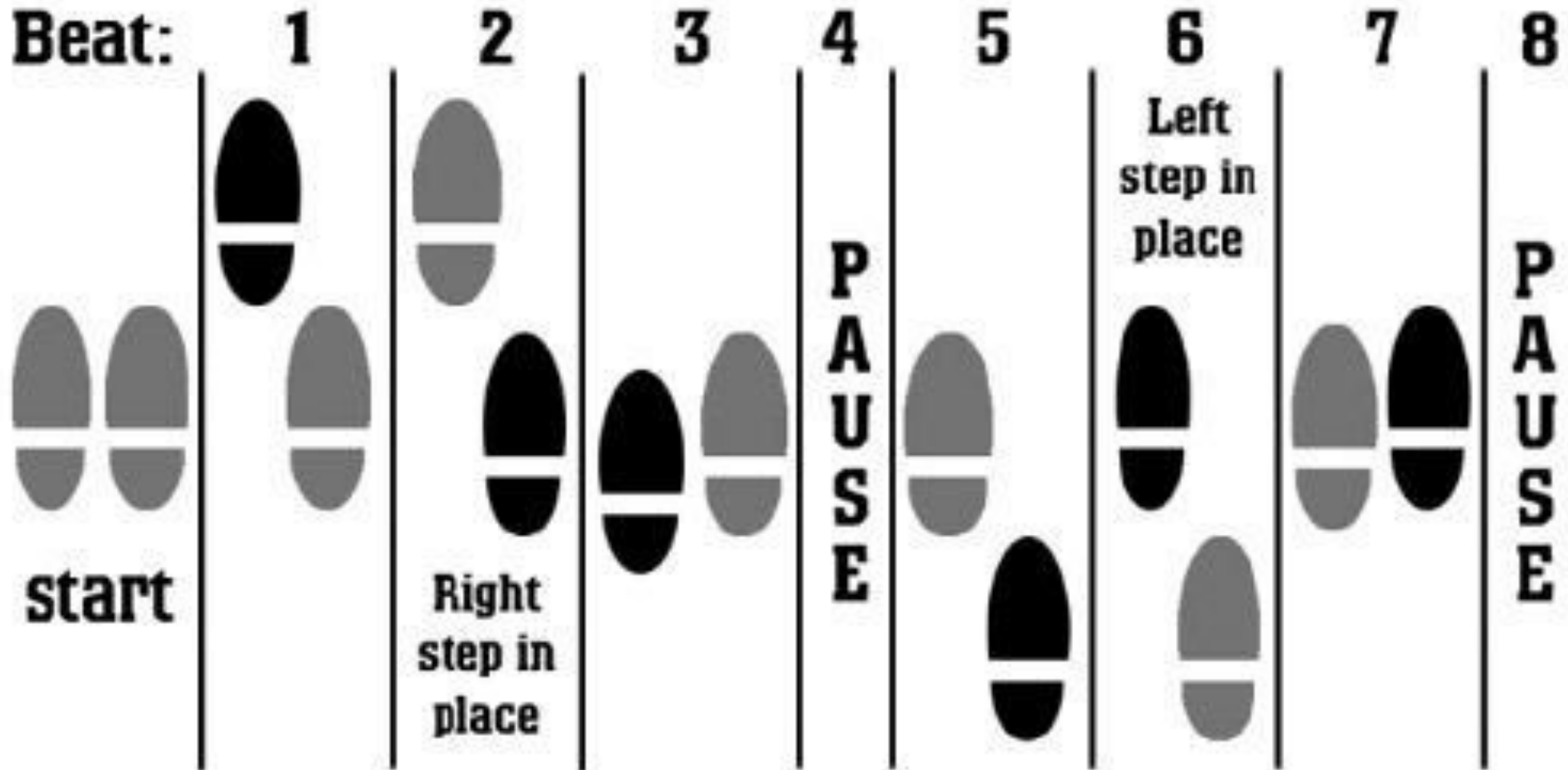


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# Dancing exercises - Basic - Basic steps



# Dancing exercises - Basic - Tune



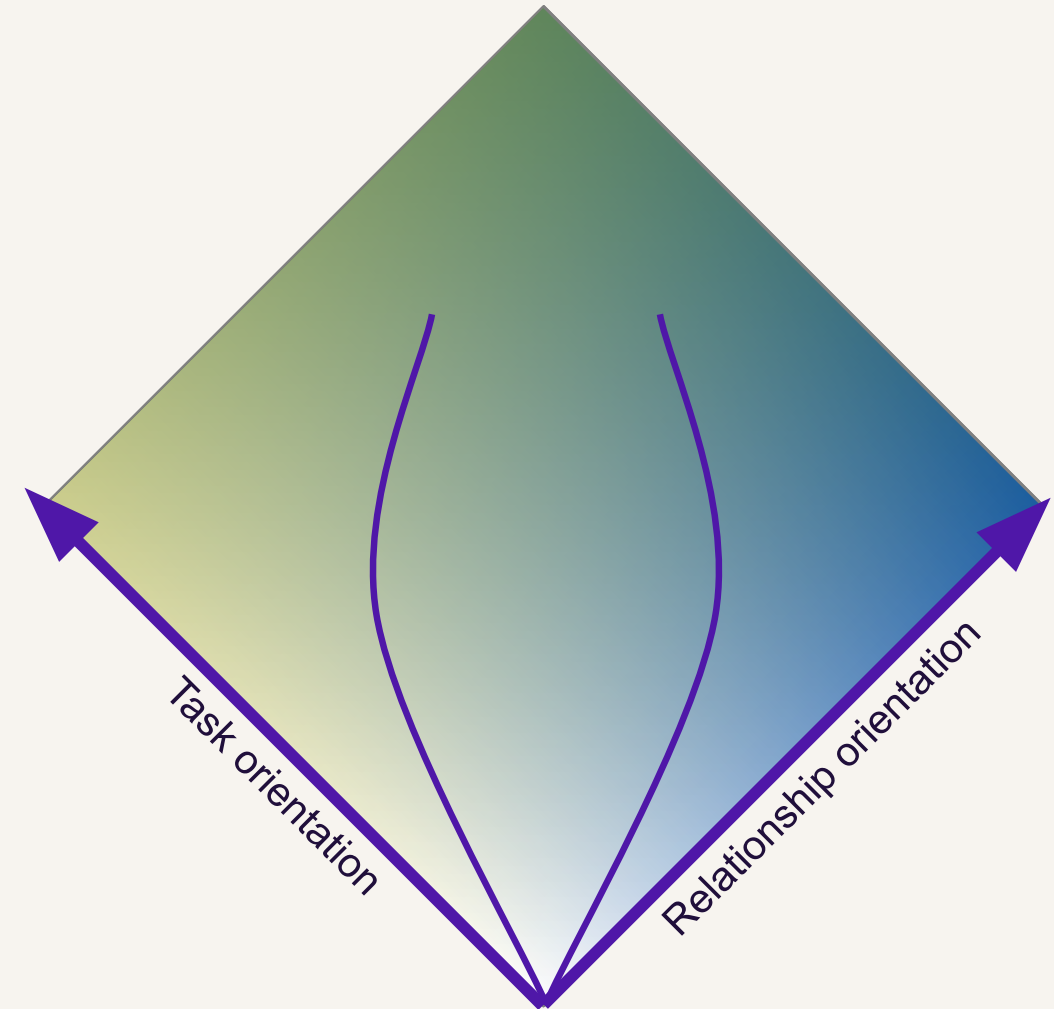
# Retrospective

Optional subtitle, sentence case 20pt

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Ask your group

- What happened? How did it go?
- Did the structure help?
  - 30s follower
  - 30s leader



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# Heuristic

Leader-Member Relations	Task Structure	Leader's Position Power	Most Effective Leader
Poor	Structured	Strong	Relationship-oriented
Poor	Structured	Weak	Relationship-oriented
Poor	Unstructured	Strong	Relationship-oriented
Poor	Unstructured	Weak	Task-oriented

## (Optional) Dancing Figures

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- Add 3 figures
  - Dedo: Right turn
  - Coca cola: Left turn going left
  - Enchufla: Left turn going right
- Switch leads

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# (Optional) Dancing Figures

- Add 3 figures
  - Dedo: Right turn
  - Coca cola: Left turn going left
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- Switch leads

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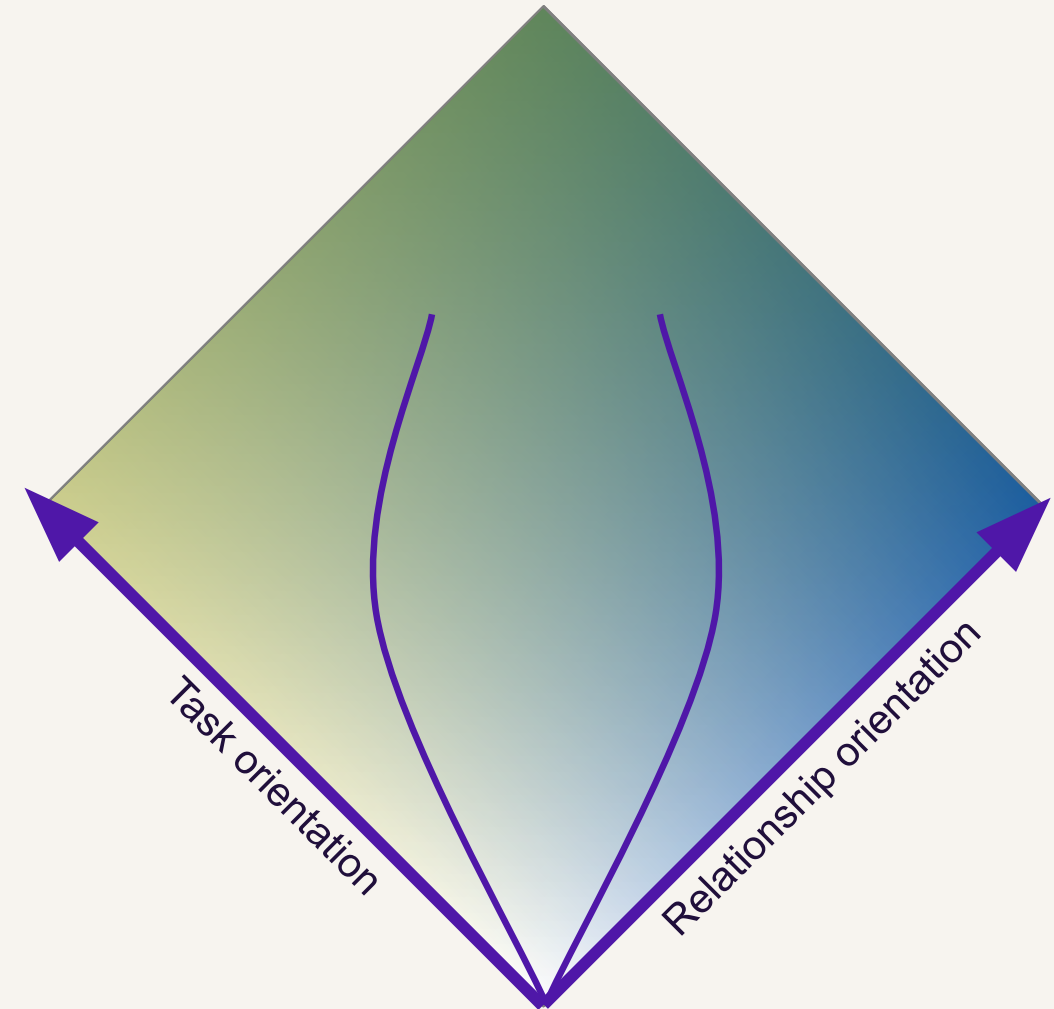
# Retrospective

Optional subtitle, sentence case 20pt

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Ask your group

- What happened? How did it go?
- Did the structure help?
  - 30s follower
  - 30s leader



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# Purpose

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## Why these exercises:

- Steps:
  - Provides working structure/WoW
  - Basic step = operations/BAU,
    - we focus on it when we learn
    - we teach it to others when we can
  - Reinforce trust in each other
- Figures:
  - Clear deliverables
  - Complex roles and responsibilities

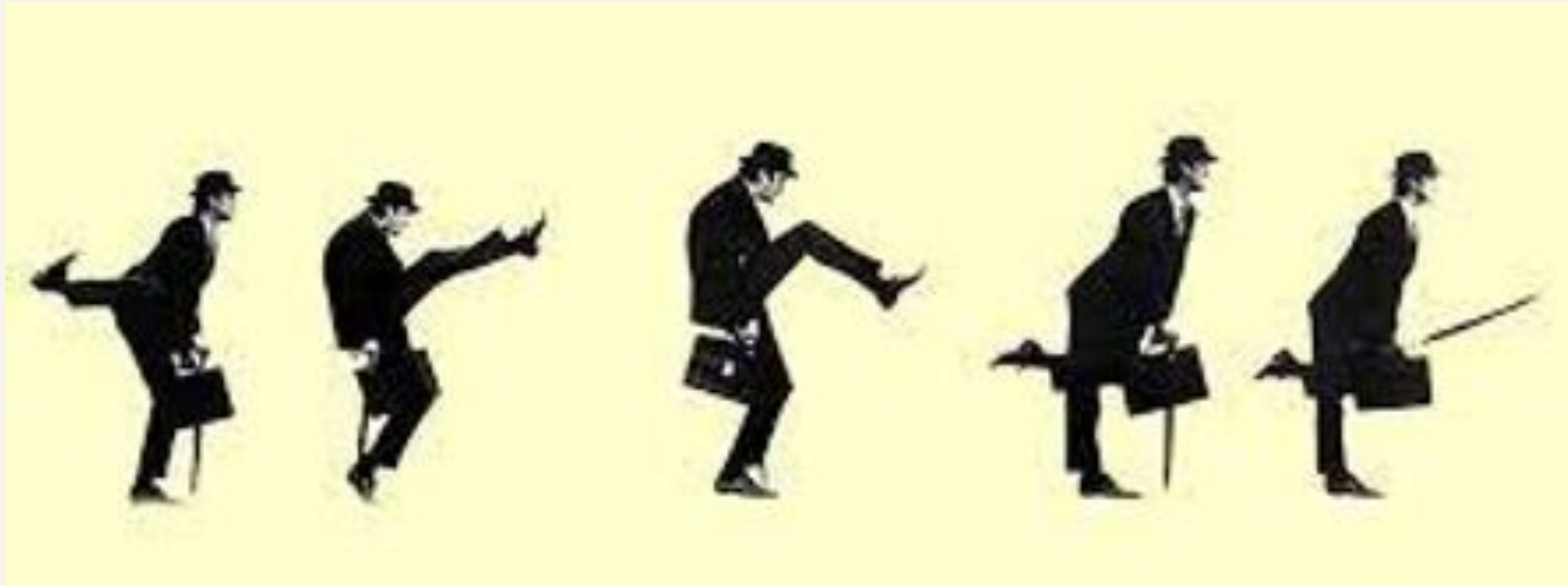
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## (Optional) Dancing exercises

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- Get your group to dance under your guidance
- 1min Agile: Group dances, Facilitator tells people what figures



# (Optional) Dancing exercises

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- Get your group to dance under your guidance
- 1min Choreographed (Waterfall): Group dances to this plan
  - Basic 2x
  - Dedo (Right turn) 1x
  - Coca cola (left turn) 1x
  - Enchufla (left turn) 1x
  - Dedo (right turn) 1x



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# Purpose

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Why these exercises:

- Waterfall
  - Ease of following a clear plan
  - Technical difficulty even under plan
- Directed: Agile, instructions last minute
  - Technical difficulty under pressure
  - Show collaboration difficulty under pressure
  - Weak trust to do the right thing right
- Improvised: extra Agile, must decide
  - Show leadership difficult of decision
  - Show communication under pressure

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# Heuristic

<b>Leader-Member Relations</b>	<b>Task Structure</b>	<b>Leader's Position Power</b>	<b>Most Effective Leader</b>
Good	Structured	Strong	Task-oriented
Good	Structured	Weak	Task-oriented
Good	Unstructured	Strong	Task-oriented
Good	Unstructured	Weak	Relationship-oriented
Poor	Structured	Strong	Relationship-oriented
Poor	Structured	Weak	Relationship-oriented
Poor	Unstructured	Strong	Relationship-oriented
Poor	Unstructured	Weak	Task-oriented



# **Team sports exercises**

# Rules:

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1. Split into teams of 6/7 people
2. Spread in a circle so you can't touch
3. You have to pass a ball
4. Each pass must have air-time
5. Everyone must touch the ball at least 1x
6. You cannot pass to your direct neighbors
7. The ball must return to the first person



# Rules:

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1. Split into teams of 6/7 people
2. Teams stand in a circle, with arm's length distance between people
3. The receiver must:
  - Acknowledge the pulse (repeat the gesture/sound),
  - Immediately pass a new pulse to another non-neighbor.
1. Everyone must receive the pulse at least once.
2. The pulse must eventually return to the starting person.
3. You cannot pass to your direct neighbors.
4. No talking once the first pulse starts (only gestures/sounds).



# GO! 2 minutes. Try, learn, improve! Practice time!

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# Retro! 1 minutes

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How can we improve the result?



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# GO! 2 minutes. Challenge time with Referee

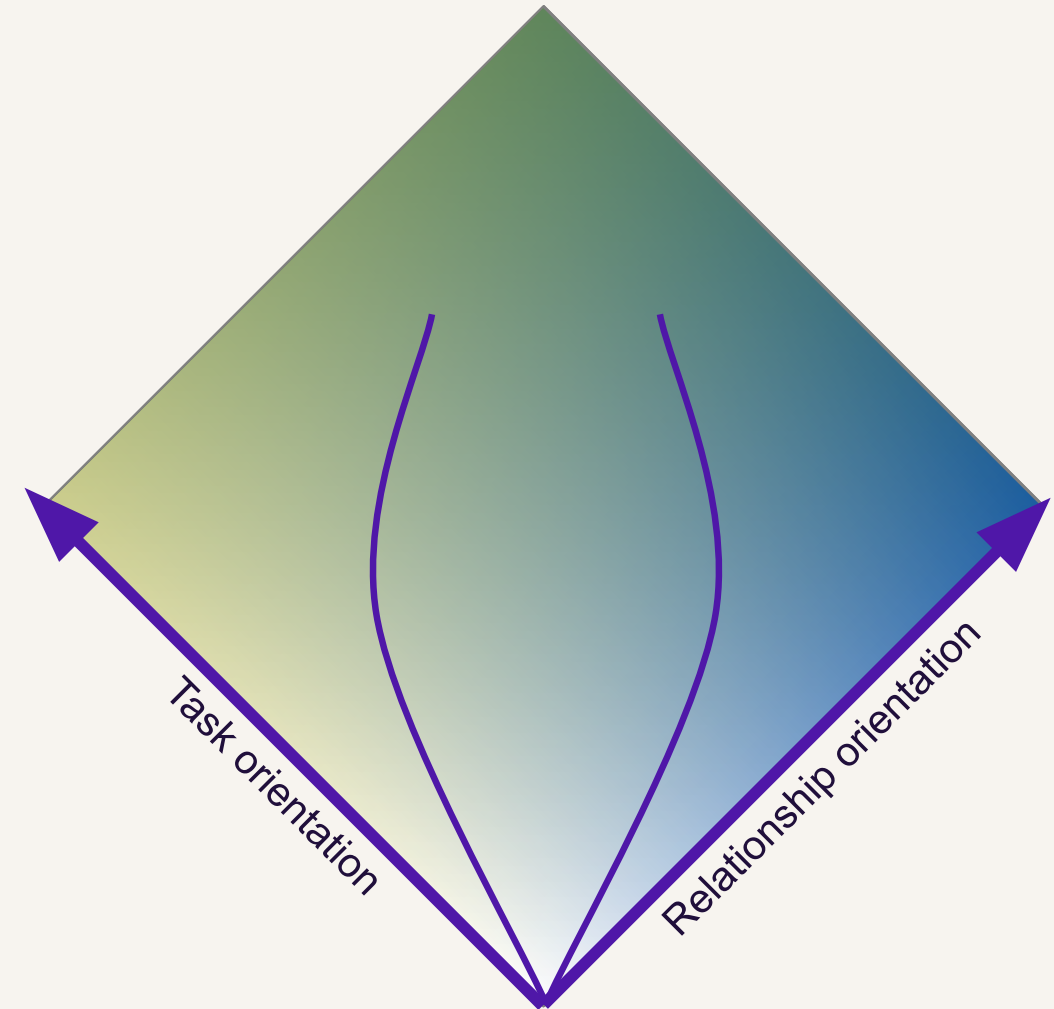
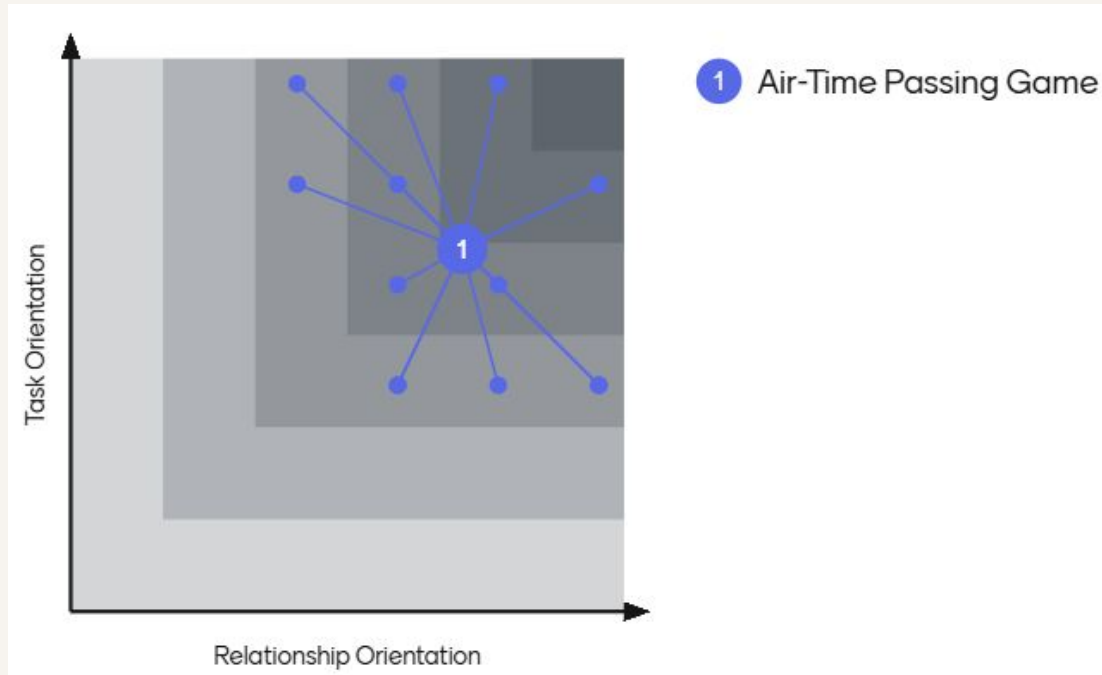
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# Retro! 1 minutes

What was my leadership style?



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# Heuristic

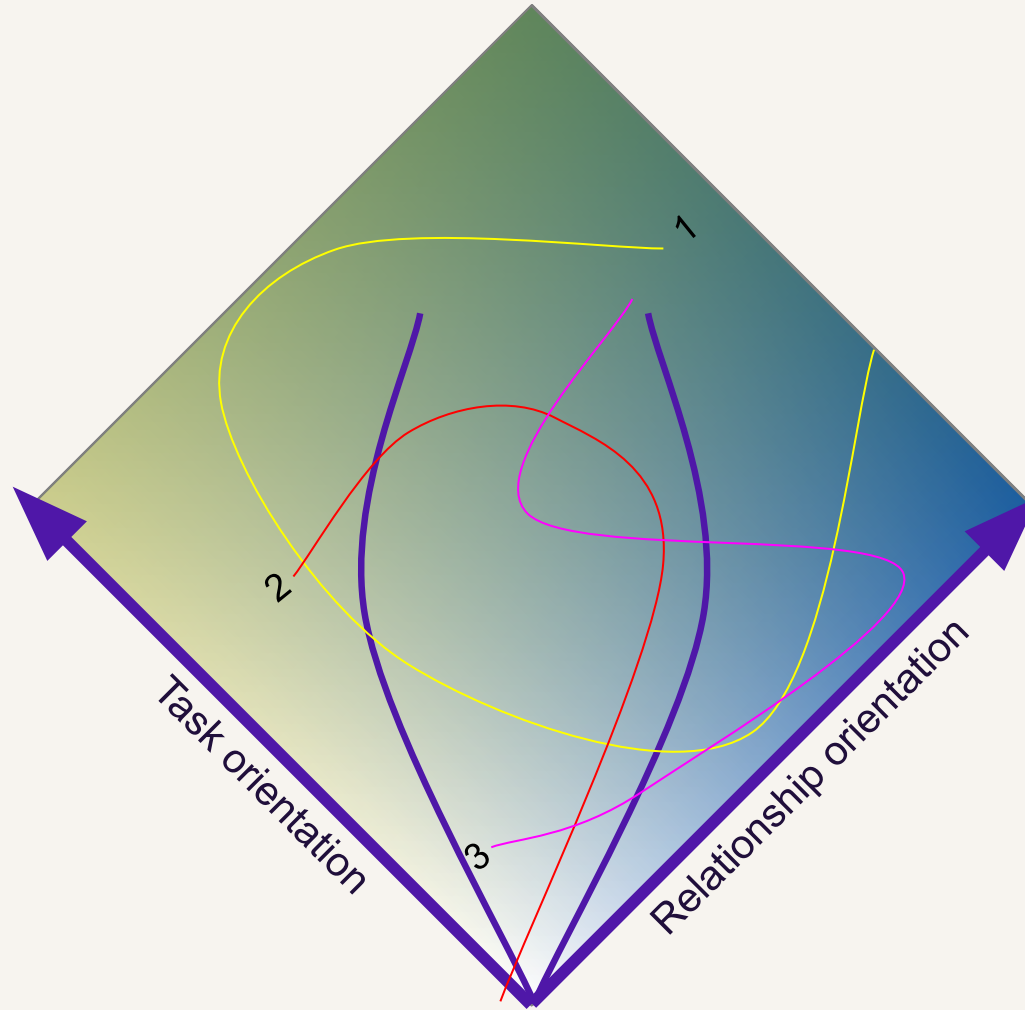
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The background features a dynamic, abstract composition of swirling, ethereal light patterns. The colors transition from deep, dark blues and purples on the left to vibrant, glowing cyan and magenta on the right. The patterns resemble fluid, organic shapes that create a sense of movement and depth, with some areas appearing more brightly lit than others, giving the overall effect a dreamlike, futuristic quality.

# **Integrated Learnings**

# Leadership Paths - Where do you stand?

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# Heuristic

<b>Leader-Member Relations</b>	<b>Task Structure</b>	<b>Leader's Position Power</b>	<b>Most Effective Leader</b>
Good	Structured	Strong	Task-oriented
Good	Structured	Weak	Task-oriented
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Good	Unstructured	Weak	Relationship-oriented
Poor	Structured	Strong	Relationship-oriented
Poor	Structured	Weak	Relationship-oriented
Poor	Unstructured	Strong	Relationship-oriented
Poor	Unstructured	Weak	Task-oriented

The background features a complex, abstract pattern of swirling, ethereal light. The colors transition from deep blues and purples to bright, glowing cyan and magenta. The light appears to flow and swirl in a clockwise direction, creating a sense of motion and depth. The overall effect is reminiscent of a nebula or a digital data stream.

**Challenge**

## Share with a teammate for 2 minutes:

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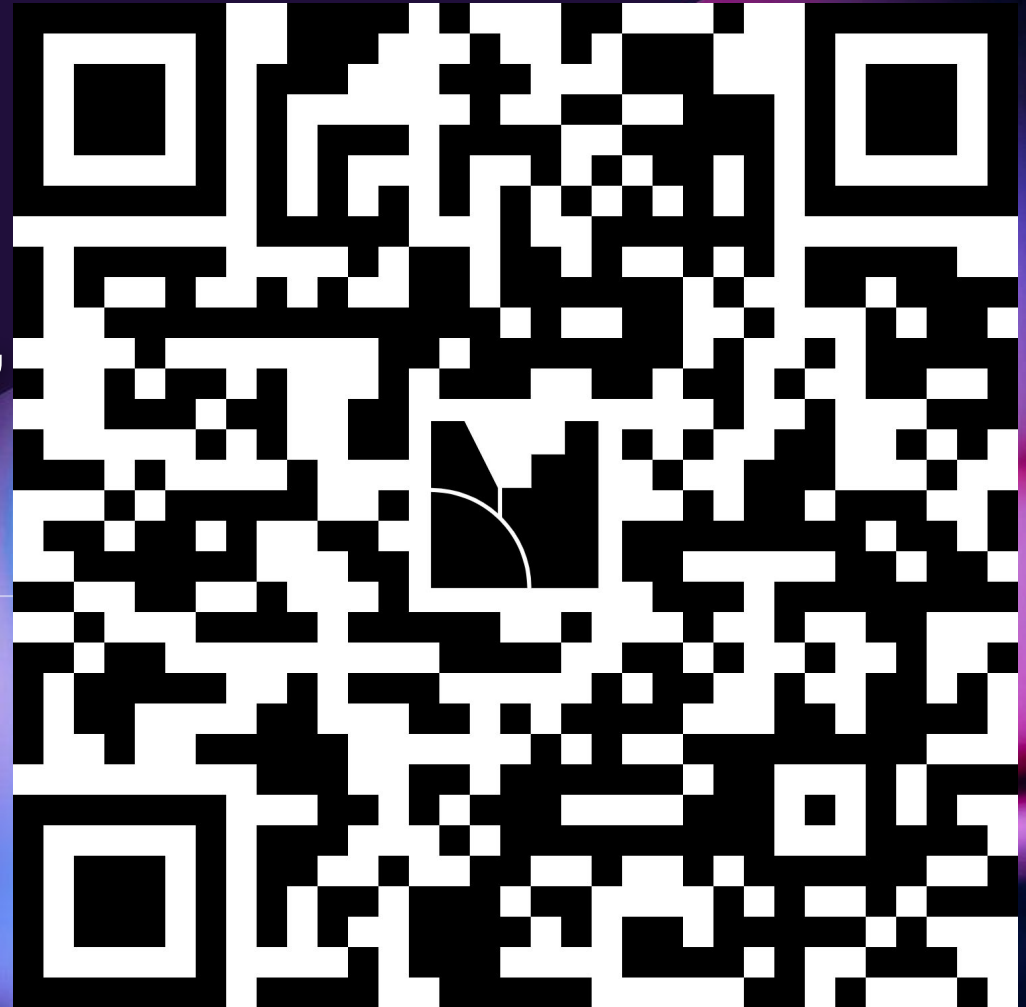
1. Define the setting in which you want to be a leader.
2. Check where there is room to improve for that setting (hard and/or soft skills).



“For every hour you follow, it  
takes five hours to learn to lead.”

Arnaldo Rippes

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# THANK YOU

## Speaker Information

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# Any questions?

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# Wrap up

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**Now go forth and enjoy your evening, organised by the lovely leaders of PMI Sweden!**