

8 True Traits Chapter

Starting an 8TT Chapter

A guide for helping kids programmers start an 8TT Chapter and Sample Agendas.

Below you will find an outline of this guide.

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1. Introduction: The Power of 8 True Traits Chapters

The **8 True Traits (8TT)** movement is about more than teaching kids to perform better — it's about helping them become their best selves. Whether through magic, sports, coding, art, music, dance, or any youth program, the goal is the same: to shape character while building skill.

8 True Traits Chapters bring together local youth program leaders, coaches, and educators who share that mission. A chapter is a small, supportive network that meets regularly to:

Share what's working — practical ideas, lessons, and success stories.

Ask for help — troubleshoot challenges and exchange advice.

Grow together — by exploring one of the 8 True Traits each meeting, and discovering ways to teach it more effectively.

When leaders grow in these traits themselves, their programs naturally become stronger, more inspiring, and more impactful for kids.

Each chapter meeting centers on one of the eight traits:

Respectful, Prepared, Enthusiastic, Confident, Humble, Creative, Authentic, and Giving.

These meetings are not lectures—they're **collaborative conversations** that keep everyone learning, improving, and connected.

2. Hosting a Chapter

Each chapter has one **Chapter Leader** — someone who believes in the 8 True Traits and wants to help others apply them. You don't need to be an expert. You just need to care about kids, character, and community.

Here's how to begin:

Step 1: Gather Your Circle

Invite 3–10 people who lead or teach youth programs in your area. They might run after-school clubs, sports teams, art studios, camps, or nonprofits. The key is shared purpose — people who want to teach life skills, not just activities.

Step 2: Choose a Meeting Rhythm

Most chapters meet **once per month** for 60–90 minutes. Consistency builds trust and momentum. Many groups meet in the same place each time — a classroom, library, or coffee shop. Others meet online.

Step 3: Create an Environment of Growth

Set the tone for openness and encouragement. This isn't about competition or criticism; it's about collaboration. Every voice matters. Every program brings value.

You might open each meeting with a brief reminder:

“We're here to help each other grow — as leaders, as teachers, and as people.”

Step 4: Keep It Simple and Repeatable

Every meeting follows a similar structure (see Section 3). This makes it easy to prepare and easy for others to lead when you're away. Consistency also helps members feel confident and engaged.

Step 5: Celebrate Progress

Encourage members to bring small wins to share — new ideas tried, lessons learned, feedback from kids or parents. Growth deserves recognition.

Your role as Chapter Leader is to guide, not to lecture. Facilitate discussion, keep time, and ensure everyone leaves inspired and equipped with one actionable idea.

3. Meeting Structure: The 8TT Chapter Format

Each meeting follows a proven, repeatable rhythm. You can adapt the timing to fit your group, but this flow keeps things balanced, focused, and energizing.

Typical Meeting (60–90 minutes)

1. Welcome & Connection (10 minutes)

- Greet everyone warmly.
- Brief introductions if new members are present.
- Open with a quick round: *“What’s one success or highlight from your program this month?”*

2. Trait Spotlight (10 minutes)

- Introduce the Trait of the Month (from the 8TT cycle).
- Read the definition and key principles.
- Share a short story or example of how this trait has impacted your own teaching or a student’s growth.

3. Group Discussion (20 minutes)

- Explore how this trait shows up in members’ programs.
- Ask questions like:
 - “What does *Respect* look like in Soccer?”
 - “How do you currently teach or model this trait?”
 - “Where do kids struggle most with it?”
 - “What’s one way we could help them see it in action?”
- Encourage members to share resources, ideas, or strategies that have worked.

4. Feedback Power Hour (20 minutes)

- Encourage members to solicit feedback from their peers. The other members are fantastic resources!

5. Collaborative Activity (15 minutes)

- Lead a short hands-on exercise related to the trait (activities provided in the next section).

- These activities help members strengthen their own program design, communication, or teaching style.

6. Reflection & Action (10 minutes)

- Summarize key takeaways.
 - Invite each member to identify **one action** they'll try before the next meeting.
 - End with gratitude — thank everyone for sharing and showing up.
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Optional Add-Ons

- **Spotlight Presentation:** One member gives a 5-minute “Program Win” story.
 - **Resource Share:** Exchange lesson plans, templates, or tools.
 - **Mentor Moment:** A guest leader joins to share a best practice.
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Guiding Principles for Every Meeting

- Keep the focus on *growth, not perfection*.
- Lead with *curiosity, not comparison*.
- Remember that *character development begins with us*.

4. The 8 Sample Chapter Agendas

Find 8 sample agendas on the next 8 pages for you to use as a guide for your chapter meetings.

1. RESPECTFUL — Building a Culture of Mutual Respect

Theme: Treating others (and ourselves) with kindness, consideration, and appreciation.

Welcome

Trait Spotlight:

Meaning:

Being Respectful means treating others the way you want to be treated. It's about recognizing the value in people, places, and ideas. Respect also extends to yourself—using kind words about who you are and what you can do—and to those who came before you by acknowledging the effort and thought they put into the domain you're learning.

What it looks like:

Saying “please” and “thank you,” using names, looking people in the eye, showing up on time, listening when others speak, taking care of materials, and raising your hand before talking. It also means being a good partner—cheering for others and supporting the people around you.

Why it matters:

Respect is the foundation of trust. When kids feel respected, they become more open to learning, teamwork, and self-improvement. Respect sets the tone for every other trait that follows.

Key phrase:

“Treat others—and yourself—with kindness and care.”

Discussion Prompts:

- What does Respect look like in your domain?
- How do you teach respect to kids — not just rules, but attitude?
- What are signs your program culture is respectful?
- How do you help kids respect *themselves* and their own learning process?
- How do you model respect toward parents and peers?

Feedback Power Hour

Collaborative Activity: “Respect Audit”

Each member draws three columns labeled *Kids, Parents, Peers*.

List 1–2 ways your program shows respect in each category.

Then, circle one area where respect could grow.

Discuss quick, realistic improvements (e.g., better communication habits, gratitude rituals, consistent follow-up).

Reflection & Action:

Choose one small action to demonstrate deeper respect this month — send a thank-you note, greet by name, or create a “Respect in Action” wall in your program.

2. PREPARED — Setting Up for Success

Theme: Planning ahead and being ready for what's next builds confidence and excellence.

Welcome

Trait Spotlight:

Meaning:

When you Respect the people and materials around you, you naturally want to be Prepared. Being Prepared means showing up ready—mentally, emotionally, and physically—for what's ahead. It's about planning ahead, practicing, and having everything you need to succeed.

What it looks like:

Bringing the right materials, practicing before performing, showing up early, reviewing what's expected, and being ready for what might happen next. It's more than memorizing—it's understanding and anticipating.

Why it matters:

Preparation builds Confidence. When opportunity meets unprepared, we feel nervous or anxious. When opportunity meets Prepared, we feel excited and capable.

Key phrase:

"When opportunity meets prepared, great things happen."

Discussion Prompts:

- What does being "prepared" look like in your type of program?
- Where do you see kids struggle with preparation?
- How can you make preparation part of the fun, not just the work?

Feedback Power Hour

Collaborative Activity: "The 5-Minute Drill"

In pairs, brainstorm one routine that saves you time or stress before a class/event (e.g., pre-packing kits, clear roles, pre-class checklist).

Each person shares their best tip, and the group votes on a "Golden Routine" to adopt or adapt.

Reflection & Action:

Before your next session, try one new preparation habit — even a small one. Note how it affects your energy and results.

3. ENTHUSIASTIC — Sparking Joy and Energy

Theme: Passion is contagious; when we lead with energy, kids follow.

Welcome

Trait Spotlight:

Meaning:

It's easy to be Enthusiastic when you've taken time to Prepare. Enthusiasm is contagious energy—it's choosing to bring joy, positivity, and excitement to every experience.

What it looks like:

Cheering for others, smiling, speaking clearly, standing tall, and showing good energy. It's not about being loud or wild—it's about being present, genuine, and fully engaged. Enthusiasm can be seen in your posture, your tone, your eyes, and your spirit.

Why it matters:

Enthusiasm fuels motivation. It lifts others, strengthens teams, and helps kids persevere through challenges. True enthusiasm inspires others to care about what you care about and shows that what you're doing - and who you're doing it with - matters.

Key phrase:

"Bring the energy you want to feel."

Discussion Prompts:

- What helps you stay enthusiastic even on hard days?
- How do you make learning exciting for kids?
- When do your students seem most engaged — and why?
- How do you help students to be enthusiastic but not excitable?

Feedback Power Hour

Collaborative Activity: "Energy Swap"

Everyone writes one activity, phrase, or moment that consistently brings energy to their group. Then they share and explain it. Collect all ideas on a shared board or sheet titled **"Energy Boosters."** Try one or two of the activities together.

Reflection & Action:

Pick one new idea from the board to try next week.
Notice how your enthusiasm affects your students' participation.

4. CONFIDENT — Helping Kids Believe in Themselves

Theme: True confidence comes from respect, preparation, and enthusiasm.

Welcome

Trait Spotlight:

Meaning:

Confidence grows from Respect, Preparation, and Enthusiasm. It's the result of believing in yourself and your abilities—not arrogance, but assurance. True confidence allows you to try, to learn, and to keep improving.

What it looks like:

Standing tall, speaking clearly, making eye contact, and performing without fear. Confidence means you can acknowledge others' successes without feeling diminished and admit when there's still more to learn.

Why it matters:

Confidence builds trust. Nervousness makes people uneasy, but confidence puts others at ease. When kids act with confidence, they become leaders who encourage those around them.

Key phrase:

"Confidence is not knowing you'll succeed—it's knowing you can try."

Discussion Prompts:

- How do you balance pushing kids out of their comfort zone without overwhelming them?
- What practices or rituals build confidence in your program?
- How do *you* stay confident as a leader?

Feedback Power Hour

Collaborative Activity: "Confidence Ladder"

Members each draw a simple ladder with 5 steps.

At the bottom: "What kids struggle with most."

At the top: "Where we want them to be."

Fill in the steps that help a child climb that ladder (e.g., micro-goals, feedback, spotlight moments).

Then compare ladders — what steps appear in all of them?

Reflection & Action:

Pick one new "confidence step" to add to your curriculum or class environment this month.

5. HUMBLE — Leading with Openness and Gratitude

Theme: Humility isn't weakness — it's the foundation of growth and teamwork.

Welcome

Trait Spotlight:

Meaning:

Confidence without Humility becomes arrogance; humility without confidence becomes self-doubt. Humility is strength with grace—remembering that there is always something more to learn and that we can often learn it from others.

What it looks like:

Accepting feedback, sharing credit, giving thanks, and focusing more on learning than on showing off. A humble person is grateful for opportunities and mindful of those who came before and those yet to come.

Why it matters:

Humility is at the heart of empathy. It keeps confidence grounded, relationships strong, and growth continuous.

Key phrase:

"Be proud of what you've done, but you're never done learning."

"Humility is not thinking less of yourself; it's thinking of yourself less." — C.S. Lewis

Discussion Prompts:

- How do you model humility without diminishing yourself?
- How do you help kids learn from failure or correction?
- When have you learned something powerful from one of your students?
- How do you encourage asking questions?

Feedback Power Hour

Collaborative Activity: "Fail Forward Stories"

Each person shares a short story of something that didn't go as planned but led to insight or improvement.

Then discuss: *How can we normalize this mindset for kids?*

Create a short "Fail Forward" message or quote your group could display or share with students.

Reflection & Action:

Share one "I learned from this" story with your students this month to model humility and growth.

6. CREATIVE — Seeing New Possibilities

Theme: Creativity thrives where curiosity is safe and imagination is encouraged.

Welcome

Trait Spotlight:

Meaning:

When you are Respectful of the materials presented to you, Prepared by understanding them, Enthusiastic about your domain, Confident in your ability to learn, and Humble enough to make mistakes, Creativity will come easily. Creativity means using imagination to make your domain your own—whether that’s performing, solving problems, designing, or building something new.

What it looks like:

Asking “what if,” trying new approaches, combining different ideas, or transforming existing ones. There are two sides of creativity: Inventive creativity (dreaming, designing, imagining) and Constructive creativity (building, following plans, executing). Both are valuable.

Why it matters:

Creativity drives innovation and resilience. It helps kids see mistakes as part of discovery, pushes them to persist after setbacks, and keeps learning joyful.

Key phrase:

“Think beyond what is—imagine what could be.”

Discussion Prompts:

- What practices spark creativity in your program?
- How do you help kids feel safe to experiment or take risks?
- What’s a creative breakthrough you’ve had lately?

Feedback Power Hour

Collaborative Activity: “Idea Mash-Up”

Write 10 elements of your program (props, spaces, routines, lessons) on slips of paper.

Randomly combine two slips and brainstorm a new idea that connects them.

Example: “Warm-up activity” + “parent communication” → send families a fun pre-class mini challenge.

Reflection & Action:

Choose one creative idea to prototype this month — even if it’s small. Share results next meeting.

7. AUTHENTIC — Teaching with Integrity and Purpose

Theme: Authenticity means being genuine, consistent, and aligned with your values.

Welcome

Trait Spotlight:

Meaning:

Living the traits that come before this one helps you build the Confidence to truly be yourself. Being Authentic means being honest, genuine, and unapologetically you.

What it looks like:

Being truthful, admitting mistakes, staying grounded in your values, and embracing your uniqueness rather than trying to copy others. Authentic people don't pretend to be something they're not—they show up as their real selves, flaws and all.

Why it matters:

Authenticity builds trust and belonging. It allows people to love and accept you for who you truly are. When kids learn to be authentic, they stop seeking approval and start seeking purpose.

Key phrase:

"Be yourself—everyone else is already taken."

"The more you are like yourself, the less you are like anyone else, which makes you unique." — Walt Disney

Discussion Prompts:

- How do you stay true to your mission when under pressure?
- What helps your team stay consistent across programs or classes?
- What stories best represent your core purpose?

Feedback Power Hour

Collaborative Activity: "Values to Vision"

Each member writes down their top three personal or program values.

Then complete this sentence:

"When kids leave my program, I want them to say, 'I learned to ____.'"

Share answers and notice common threads.

Together, identify your local chapter's shared "authentic mission statement."

Reflection & Action:

Revisit your own marketing or messaging — does it reflect your authentic purpose? If not, adjust one small element to bring it closer.

8. GIVING — Serving Others Generously

Theme: The heart of character development is contribution. We grow most when we give.

Welcome

Trait Spotlight:

Meaning:

All of the 8 True Traits lead to Giving. Once you've practiced Respect, Preparation, Enthusiasm, Confidence, Humility, Creativity, and Authenticity, Giving becomes natural. Giving means sharing what you've learned and who you are with others—your time, your abilities, your kindness, your encouragement.

What it looks like:

Helping teammates, volunteering, mentoring, offering encouragement, or creating moments of joy for others. A Giving person looks for ways to make life better for others without expecting anything in return.

Why it matters:

Giving creates purpose. When kids discover the joy of contributing to others, they realize that success means more when it's shared. Giving transforms learning into legacy.

Key phrase:

"When you give, you grow."

Discussion Prompts:

- What giving opportunities exist within your program?
- How can kids use their skills to make a difference?
- How does giving strengthen community and belonging?

Feedback Power Hour

Collaborative Activity: "Community Impact Map"

On a blank page, write your program name in the center.

Around it, draw circles for groups you could impact — *students, parents, schools, neighbors, charities, etc.*

Brainstorm one act of giving for each circle (e.g., service project, showcase, thank-you event).

Pick one idea to plan together or pilot individually.

Reflection & Action:

Put giving into action this month. Encourage your students to be part of it — even a small act creates ripple effects.

5. Implementation: Launching Your 8 True Traits Chapter

This section gives you everything you need to **start your own local chapter**, invite members, host your first meeting, and keep momentum going. Think of it as your playbook for building a professional network rooted in character and community.

Step 1: Define Your “Why”

Before inviting others, take a moment to clarify your purpose.

Ask yourself:

- Why do I believe in the 8 True Traits?
- What do I hope local leaders will gain from connecting?
- How can our community benefit from this network?

Write a short “chapter purpose statement.”

Example:

“Our 8TT Chapter exists to connect youth program leaders who believe in teaching character through their craft. We share ideas, challenges, and encouragement to help kids grow into their best selves.”

This becomes your guiding message when inviting others.

Step 2: Gather Founding Members

Start small. Three to six people is plenty for your first meeting.

Look for other leaders who:

- Run or teach youth programs (sports, arts, coding, mentoring, etc.)
- Believe in building character, not just skills
- Want to collaborate rather than compete

Reach out personally by phone, message, or email — a personal invitation means more than a post.

Sample Invitation Message

Subject: Join me in launching a local 8 True Traits Chapter!

Hi [Name],

I’m starting a small local group for youth program leaders who believe in teaching character through what we do. It’s called an **8 True Traits Chapter**, and it’s a space to share ideas, successes, and challenges — while exploring one of the 8 True Traits each month.

The first meeting will be casual and collaborative — a chance to connect, learn, and grow together.

Would you like to join us?

Date: [Insert date/time]

Location: [Insert place or link]

I think you'd bring great perspective, and I'd love for you to be part of this.

— [Your Name]

8 True Traits Chapter Leader

Step 3: Host Your First Meeting

You don't need to be perfect — just be prepared and genuine.

First Meeting Goals

- Introduce the 8 True Traits mission
- Help everyone get to know one another
- Agree on a regular meeting schedule
- Experience one sample trait discussion and activity

Recommended Trait for your first meeting: *Respectful* — it sets the tone for all that follows.

Pro Tip: Keep it simple and end on a win. People remember how a meeting *feels* more than what was said.

Step 4: Establish a Rhythm

Consistency builds trust and momentum.

Choose a **monthly rhythm**, such as:

Month:	Trait Focus	Notes
1	Respectful	Great kickoff trait
2	Prepared	Build systems and stability
3	Enthusiastic	Inject energy
4	Confident	Strengthen courage
5	Humble	Mid-year reflection
6	Creative	New ideas season

Month:	Trait Focus	Notes
7	Authentic	Renew alignment
8	Giving	Culminate in community impact

Then repeat the cycle annually — each year’s discussions deepen as members grow.

Step 5: Use Simple Communication Tools

Keep everyone connected between meetings. Options:

- **Group Chat:** WhatsApp, GroupMe, or Messenger for quick updates.
- **Shared Folder:** Google Drive or Notion for agendas, notes, and resources.
- **Monthly Email:** Send a recap of highlights and next meeting details.

Encourage open sharing — it keeps the chapter alive even between sessions.

Step 6: Celebrate Wins

Highlight progress — both personal and programmatic.

- Celebrate members who implement a new idea or teach a trait in a creative way.
- Share “8TT in Action” moments from their programs.
- Snap photos and share stories (with permission) to inspire others.

Recognition fuels motivation — it reminds people that their work matters.

Step 7: Keep It Sustainable

As your chapter grows, consider:

- **Rotating facilitation:** Let other members lead a session occasionally.
- **Inviting guest speakers:** Feature a local educator, coach, or entrepreneur.
- **Hosting a showcase:** Once a year, hold a public event where members’ students demonstrate a trait in action.

Keep meetings professional but warm — the magic lies in genuine relationships.

Chapter Leader Checklist

- ☐ Clarify your “why” and write your chapter purpose
 - ☐ Invite 3–10 like-minded leaders
 - ☐ Schedule your first meeting
 - ☐ Review the 8 sample agendas
 - ☐ Prepare basic materials (agenda, pens, paper, name tags)
 - ☐ Follow up after each meeting with gratitude and recap
 - ☐ Keep a shared folder for resources and notes
 - ☐ Celebrate wins and progress regularly
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Closing Words

Launching a chapter isn’t about adding more to your plate — it’s about multiplying impact through community. Every meeting you host strengthens a network of leaders who believe in character, kindness, and growth.

“When leaders connect, entire communities rise.”

Thank you for stepping forward to lead.

Your example sets the stage for others to lead with the 8 True Traits in their own lives and programs.

Closing Thoughts for Chapter Leaders

Your decision to lead an 8 True Traits Chapter is more than an act of service — it's an act of leadership that creates a ripple effect far beyond your own program.

Every discussion you host, every connection you foster, and every idea you help bring to life strengthens the fabric of your local youth community. When leaders share openly, everyone grows — not just the adults in the room, but the hundreds of kids they teach, coach, and mentor every week.

Through these meetings, you're not just improving local programs. You're **building a movement of character-driven educators** — people who believe that teaching skills without teaching values leaves something essential unfinished.

Each month, as you guide conversations about being **Respectful, Prepared, Enthusiastic, Confident, Humble, Creative, Authentic, and Giving**, you model those same traits in action. You remind others that leadership isn't about titles or perfection; it's about presence, purpose, and growth.

Your chapter becomes a living example of the 8 True Traits — a place where professionals come together not to compete, but to collaborate; not to impress, but to improve.

When you lead with character, you multiply it.

Every lesson shared, every breakthrough achieved, and every life you touch creates a chain reaction of impact that extends farther than you can see.

Thank you for choosing to lead with the 8 True Traits — and for helping others do the same. The future will be brighter because of the community you're building today.