



POWERHOUSE V.A.P.E

OBJECTIVE: FRAMEWORK FOR LEADERSHIP DEVELOPMENT AND THE WHY BEHIND IT

At its core, F3 is a leadership development group disguised as a workout group. PowerHouse falls directly in line with that.

There are four leadership skills and capabilities of effective leadership. Together, the Leadership Skills of Vision, Articulation, Persuasion, and Exhortation define what a Leader does to Influence Movement to Advantage. ([Q Source 3.4 - 3.7](#))

The below outlines what is specific to PowerHouse:

Vision

The primary vision for PowerHouse will always stay focused on the [F3 mission](#). Second to that is to promote the acceleration of leadership. Fitness. Relationships. And a deeper connection with your sky Q.

Articulation

- Dissemination of information before, during, after, and in-between BDs
- [Qing, calls, cadence](#), candor (Q 3.8)
- Clear and concise announcements
- Timing, Ownership, and Quality of PB & BB ([See PH VQ Doc](#))
- Battle Buddy guidelines ([See PH BB Doc](#))
- Emphasis on standards
 - Safety: CPRQ, Sweeper, knowing address, and access to emergency contact info
 - 1F: Sounding off, Energy, Correct form, DASM
 - Clear alignment and application of code **red**, **black**, & **yellow** to reinforce the above
 - 2F: Shieldlock, BYOC, EH'ing kotters, and being there for your brothers in good times and bad
 - 3F: Not a Christian organization; instead, an emphasis on serving others, thinking bigger than self, and a deepening/widening relationship with your sky Q
 - [FNGs](#): Creating a safe and welcoming environment that challenges and encourages

Persuasion

- Is what I believe worth following, and how do I get others to buy into the vision of F3 and PH?
 - Practice what you preach (Consistency, EH, DD culture, CSAUP)
 - 50 BD Cindy
 - Coffee cups - BrewHouse
 - Shirts – 10 FNG, HorsePower, 100, 200, 300 BD shirts
 - Patches, stickers, and other mementos to celebrate accomplishments

Exhortation

- Mental aptitude/growth/strength - overcoming barriers repeatedly
- Encouragement and reinforcement in the pursuit of discomfort - push yourself, don't hurt yourself