



# Exploring Leadership

## PERSONAL LEADERSHIP: DEPENDABILITY

Dependability is one of the most important traits in any team member. Whether in school, with family, or at work, it means being reliable, showing up on time, meeting deadlines, and following through. Dependable people can be trusted to do what they say, making life run more smoothly.

### CONVERSATION STARTERS:

When was the last time you said, "You can count on me!"? How did it feel? Would others describe you as dependable? Share a time when you showed dependability—or struggled with it.

Dependability is crucial for success, both personally and professionally. Without it, it's hard to build strong relationships or keep a job. Dependable people stay consistent, handle tasks well, and work well with others. When you're reliable, others trust and respect you more.

### KEY OBJECTIVES:

- Understand the moral of a parable about dependability.
- Recognize dependability in yourself and others.

### WHAT YOU'LL NEED:

- A copy of the Appendix
- Paper
- Pens or pencils

## EXPLORATION ACTIVITY:

This activity challenges you to think about dependability in action by crafting your own parable. Let's get creative and reflect on how being dependable can impact others.

### FACILITATOR TIPS:

- The [Character Council of Cincinnati](#) offers a variety of hands-on activities designed to teach the value of dependability. Look at their website for more ideas.
- Use real-life examples of dependable people from various fields (e.g., athletes, leaders, family members) to illustrate the importance of dependability.

- Divide participants into small groups of 2–3.
- Have someone read the parable "I Can Sleep Through a Storm" aloud (see Appendix). Tell the group to pay attention to what the farmhand's words really mean.
- Discuss the moral of the story using these questions:
  - What does "I can sleep through a storm" really mean?
  - How do you think the farmer and his wife felt toward the new farmhand after the storm?
  - How do you think the farmhand felt when he woke up after the storm?
- Give each group paper and pencils.
- Explain that they have 5–8 minutes to write their own story or parable about dependability.
- After time is up, ask groups to share their parables with the whole group or with a few other groups, depending on time and group size.



## REFLECTION QUESTIONS:

- Were you able to rely on your partner(s) when creating the parable? Why or why not?
- Do you think you were dependable in this activity? What made you feel dependable—or not?
- After hearing other parables about dependability, did your perspective shift? If so, share an example of what changed for you.

## APPLICATION DISCUSSION:

- How can you prepare for tough situations (like a “storm”) in your life as a young person?
- How do you demonstrate dependability in your daily life?
- Think of someone who depends on you. What do they rely on you for?
- Now think of someone you depend on. What do you rely on them for?
- Can you “sleep through a storm” in your own life? What would help you feel confident and reliable when challenges come?



## CONCLUSION:

In life, the best friends, co-workers, and leaders are those who keep their promises. Dependability helps us navigate life’s challenges and assures us that we can rely on others. By developing this trait, you become someone people trust, leading to stronger relationships and greater success. Remember, being dependable means doing what you say, when you say, every time.

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## REFERENCES

- The Character Council of Cincinnati: <https://charactercincinnati.org/>
- Why Is Dependability Important for a Person to Have in the Workplace? By Barbara Bean-Mellinger: <https://smallbusiness.chron.com/dependability-important-person-workplace-15463.html>
- North Hills School District <https://www.nhsd.net>
- Dependability Activities by Jill Tomey: <https://charactercincinnati.org/in-school/activity/dependability-activities/>



## APPENDIX:

A parable is a simple story that teaches a lesson or moral, using relatable examples. It can be real or fictional, helping us understand deeper truths through characters and situations.

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### “I Can Sleep Through a Storm” - A Parable

Author Unknown

A young man applied for a job as a farmhand. When the farmer asked about his qualifications, the young man replied, “I can sleep through a storm.”

This puzzled the farmer, but he liked the young man, so he hired him.

A few weeks later, a violent storm raged through the valley, waking the farmer and his wife. The farmer jumped out of bed and called for his new hired hand, but the young man was sound asleep.

The farmer and his wife quickly checked everything to make sure it was secure. They found that the farmhouse shutters were tightly fastened, a good supply of logs was by the fireplace, and the farm tools were safely stored in the shed.

The bales of wheat were wrapped in tarpaulins, the tractor was safely in the garage, and the barn was locked tight. Even the animals were calm and had plenty of feed.

Everything was in order.

It was then that the farmer understood the meaning of the young man’s words: “I can sleep through a storm.”

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Have a group discussion using the questions from the Exploration Activity instructions.

If needed, share this moral to guide the conversation:

The farmhand was dependable when the skies were clear, preparing for any storm. So when the storm came, he wasn’t worried—he could sleep in peace.