



Discussion Guide: *Invictus*

Invictus is a 2009 biographical sports drama that tells the inspiring true story of how Nelson Mandela joined forces with the Captain of South Africa's rugby team, Francois Pienaar to help unite their country. Newly elected President Mandela knows his nation remains racially and economically divided in the wake of Apartheid. Believing he can bring his people together through the universal language of sport, Mandela rallies South Africa's rugby team as they make their run to the 1995 Rugby World Cup Championship match.

Take advantage of the teachable moments presented in *Invictus* by using these questions to help guide a discussion with your team or children.

- 1.) With rugby being a mainly white sport what opportunity for change does Mandela see in the sport?
- 2.) In this movie how is rugby "more than just a sport"?
- 3.) How does Francois (the rugby team's captain) lead his teammates? Is he a positive or negative leader?
- 4.) What strategies of Positive Coaching do the rugby players use while teaching the children how to play?
- 5.) How can one apply Mandela's leadership strategy of setting an example to the people coaching a team?
- 6.) What are the benefits of Mandela getting to know all the rugby players by their personal names?
- 7.) How does Francois encourage his team to keep their heads up and keep fighting even when their down with only 7 minutes left?

