Title : What is my integrity like ?

Exercise Code: SLINSUP004

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| Modules: | Group size: | Duration: |
| 3. Personal Integrity4. Professional Integrity11. Reflection & Evaluation  | Small groups | 60 min |

# Purpose: What is my integrity like ?

Participants will have to choose 2 main points among the following ones and make a complete exercise according to the methodology proposed by the trainer :

- Identify aspects of your behavior that require change

- Determine your reasons for not behaving with greater personal integrity

- Face the obstacles that cause you to lie or violate your moral code

- Practice truthfulness

- Make a list of tasks and behaviors in which you will become more trustworthy

- Enlist the help of others

# Description:

Each participant chooses 2 points and find examples or situation that can illustrate the problem or the topic. He makes the list on the left part of the page and put solutions to match each items.

An important point is to be able to put a date for each decision such as : “immediately”, “within a week” , “within a fortnight”, etc… in order to respect a sort of time-table and a check point.

# Material:

Paper and paper-board

# Methods:

Individual and team work

# Advice for Trainer:

If some participants have difficulties to find examples or make a list, the trainer will ask other to imagine some situations (even if they did experiment it directly, but they can take examples of colleagues)

# Source/Literature:

Various researchers, INSUP trainers appropriated some sources and made a melting pot

# Handouts:

A moral guideline to refer to.