**COMMON TRAINING**

**INSTRUCTIONAL GUIDE**

## SECTION 7

## EO M203.07 – DISCUSS PERSONAL INTEGRITY AS A QUALITY OF LEADERSHIP

Total Time: 30 min

## PREPARATION

### PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-802/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

### PRE-LESSON ASSIGNMENT

N/A.

### APPROACH

An interactive lecture was chosen for TP1 to orient the cadets to personal integrity as a quality of leadership.

An in-class activity was chosen for TP2 and TP3 as an interactive way to provoke thought, stimulate an interest among cadets and present personal integrity as a quality of leadership.

## INTRODUCTION

### REVIEW

N/A.

### OBJECTIVES

By the end of this lesson the cadet shall be expected to discuss personal integrity as a quality of leadership.

### IMPORTANCE

It is important for cadets to learn that personal integrity is a fundamental quality of leadership. Without personal integrity, a leader may never build the trust of his followers or his teammates. As listed in CATO 11-03, *Cadet Program Mandate*, leadership is one of the three aims of the Cadet Program.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.

**Teaching point 1** **Explain Personal Integrity**

Time: 5 min Method: Interactive Lecture

The most basic quality of leadership is personal integrity.




Ask cadets if they know what the word integrity means.

Integrity means moral uprightness; honesty. Personal integrity means doing the right thing, even if nobody is watching.

People struggle daily with situations that demand decisions between what they want to do and what they ought to do.

According to John C. Maxwell, the author of a number of best-selling books on leadership, if a leader uses personal integrity, a leader should be consistent. If what the leader says and what the leader does is the same, the results by the team will be consistent. For example,

| | | |
|---|---|---|
| The leader says to their team: “Be on time.” | The leader arrives on time. | The team will be on time. |
| The leader says to their team: “Be positive.” | The leader exhibits a positive attitude. | The team will be positive. |
| The leader says to their team: “Put others first.” | The leader puts others first. | The team puts others first. |

If what the leader says and what the leader does is not the same, the results by the team will be inconsistent.

| | | |
|---|---|---|
| The leader says to their team: “Be on time.” | The leader arrives late regularly. | Some of the team will be on time, some will not. |
| The leader says to their team: “Be positive.” | The leader exhibits a negative attitude regularly. | Some of the team will be positive, some will not. |
| The leader says to their team: “Put others first.” | The leader puts themselves first. | Some of the team will put others first, some will not. |



Aristotle, the Greek philosopher, once said, “We are what we repeatedly do. Excellence, then, is not an act but a habit.”

Personal integrity builds trust. To earn the trust of others, a leader should lead by example. If the leader’s words and actions match, teammates and followers should have trust and confidence in the group. Personal integrity usually results in a solid reputation, not just an image.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.



Personal integrity builds trust. Trust builds confidence. Confidence builds relationships. Relationships build leadership.



For the next series of questions, ensure cadets do NOT name the people they are thinking about. This is NOT a sharing activity.



Ask cadets to think of someone they know who has a good reputation. Is this person trustworthy? Ask cadets to think of someone they know who has poor reputation. Is this person trustworthy?

## CONFIRMATION OF TEACHING POINT 1

### QUESTIONS

Q1. What does integrity mean?

Q2. What is the most basic quality of leadership?

Q3. What does personal integrity build?

### ANTICIPATED ANSWERS

A1. Integrity means moral uprightness; honesty.

A2. Personal integrity is the most basic quality of leadership.

A3. Personal integrity builds trust.

**Teaching point 2** — **Conduct an Activity Where Cadets Brainstorm Where They Have Seen Integrity Displayed Within Their Peer Group**

Time: 5 min — Method: In-Class Activity

## ACTIVITY

### OBJECTIVE

The objective of this activity is for cadets to brainstorm where they have seen integrity displayed within their peer group. This reflective activity allows cadets to integrate their thoughts about leadership theory into their own experiences.

### RESOURCES

N/A.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.

**ACTIVITY LAYOUT**

N/A.

**ACTIVITY INSTRUCTIONS**

Have cadets brainstorm examples where they have seen integrity displayed within their peer group either during cadets, school, or other extra-curricular activities. Write in point form, the examples on a whiteboard/ flipchart/OHP.

Discuss instances where the cadets' peers have displayed:

- honesty
- honour,
- good character,
- decency,
- fairness,
- sincerity, and
- trustworthiness, etc.




Ask cadets how they think the person in their example, who displayed personal integrity, would feel if they were in the class at that moment, after all the positive things have been said about them?




If cadets mention someone in the class, be sure to praise the person mentioned. Positive reinforcement of correct behaviour is an excellent instructional technique.

**SAFETY**

N/A.

**CONFIRMATION OF TEACHING POINT 2**

The cadets' participation in the activity will serve as the confirmation of this TP.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.

**Teaching point 3** **Conduct an Activity Where Cadets Create a Poster That Shows an Example of Integrity**

Time: 15 min Method: In-Class Activity

## ACTIVITY

### OBJECTIVE

The objective of this activity is for the cadets to create a poster that shows an example of integrity. This activity allows cadets to reflect on personal integrity as a quality of leadership.

### RESOURCES

- Pencil crayons/felt markers; and
- 8.5 x 14 inch paper.

### ACTIVITY LAYOUT

N/A.

### ACTIVITY INSTRUCTIONS

- Distribute pencil crayons/felt markers and the 8.5 x 14 inch paper to the cadets.
- Have the cadets draw and colour a poster to represent personal integrity as a quality of leadership. Cadets may create a picture, use a mind-map, use a saying, etc. Cadets may use the examples from TP2 or another instance of personal integrity.




Be sure to display posters in a place where they may be seen by as many squadron members as possible.

### SAFETY

N/A.

## CONFIRMATION OF TEACHING POINT 3

The cadets' participation in the activity will serve as the confirmation of this TP.

## END OF LESSON CONFIRMATION

The cadets' creation of posters displaying personal integrity will serve as the confirmation of this lesson.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.

## CONCLUSION

### HOMEWORK/READING/PRACTICE

N/A.

### METHOD OF EVALUATION

N/A.

### CLOSING STATEMENT



Brian Tracy, a leadership trainer, says, “The glue that holds all relationships together, including the relationship between the leader and the led is trust, and trust is based on integrity.”

Personal integrity is the foundation of leadership. When cadets display this quality, it is the first step in their role as leaders within a peer setting.

### INSTRUCTOR NOTES/REMARKS

N/A.

## REFERENCES

A0-010 CATO 11-03 D Cdts 2. (2006). *Cadet Program Mandate.* Ottawa, ON: Department of National Defence.

C0-112 (ISBN 0-8407-6744-7) Maxwell, J. C. (1993). *Developing the Leader Within You.* Nashville, Tennessee: Thomas Nelson Inc. Publishers.



Unofficial convenience copy of A-CR-CCP-802/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-802-PF-001/A-CR-CCP-802-PF-001.pdf.
Verify against the official publication.