EO M325.03 – DISCUSS SELF-AWARENESS AND PROFESSIONAL CONDUCT AS A COMPETENCY OF AN OUTDOOR LEADER (OL)

1. **Performance.** Discuss Self-Awareness and Professional Conduct as a Competency of an Outdoor Leader (OL).

2. **Conditions**

   a. Given:

      (1) Supervision, and

      (2) Assistance as required.

   b. Denied: N/A.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard.** The cadet shall discuss self-awareness and professional conduct as a competency of an OL.

4. **Teaching Points**

TP	Description	Method	Time	Ref
TP1	Conduct a group discussion on self-awareness, to include: a. defining what it means to be self-aware, to include: (1) being mindful of all actions; (2) being aware of one's personal abilities and limitations; (3) knowing how one influences others; (4) understanding the importance of demonstrating commitment to the activity; (5) knowing how one reacts to situations of: (a) danger, (b) hardship, (c) stress, (d) conflict, and (e) fatigue; and (6) understanding the importance and benefits of personal reflection; and b. discussing the relationship between possessing self-awareness and being an effective OL.	Group Discussion	15 min	C2-150 (pp. 7–14, pp. 15–22) C2-153 (p. xiv, p. xv, pp. 56–59)

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

TP	Description	Method	Time	Ref
TP2	Discuss professional conduct as: a. being: (1) flexible, (2) responsible, (3) trustworthy, (4) courageous, (5) hardworking, (6) selfless, (7) approachable, (8) committed, and (9) tolerant; b. using the leadership position responsibly by: (1) not abusing a position of authority, and (2) not being coercive; and c. modelling actions which the team should emulate, to include: (1) committing personally; and (2) complying with safety regulations and precautions.	Interactive Lecture	10 min	C2-150 (pp. 15–22, pp. 96–107) C2-152 (pp. 61–64)

5. **Time**

a.	Introduction/Conclusion:	5 min
b.	Group Discussion:	15 min
c.	Interactive Lecture:	10 min
d.	Total:	30 min

6. **Substantiation**

a. A group discussion was chosen for TP 1 as it allows the cadet to interact with their peers and share their knowledge, opinions and feelings about self-awareness.

b. An interactive lecture was chosen for TP 2 to orient the cadet to professional conduct as a competency of an OL.

7. **References**

a. C2-150 (ISBN 0-89886-502-6) Graham, J. (1997). *Outdoor Leadership: Technique, Common Sense and Self-confidence*. Seattle, WA: The Mountaineers.

b. C2-152 (ISBN 1-898555-09-5) Ogilvie, K. (1993). *Leading and Managing Groups in the Outdoors: New Revised Edition*. Cumbria, England: The Institute for Outdoor Learning.

c. C2-153 (ISBN 0-7360-5731-5) Martin, B., Cashel, C., Wagstaff, M., & Breunig, M. (2006). *Outdoor Leadership: Theory and Practice*. Windsor, ON: Human Kinetics.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

8. **Training Aids.** Presentation aids (eg, whiteboard/flip chart/OHP) appropriate for the classroom/training area.

9. **Learning Aids**

   a. Pen/pencil, and

   b. Notebook.

10. **Test Details.** N/A.

11. **Remarks.** N/A.

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.

THIS PAGE INTENTIONALLY LEFT BLANK

Unofficial convenience copy of A-CR-CCP-703/PG-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-703-PG-001/A-CR-CCP-703-PG-001.pdf.
Verify against the official publication.