

# Session 4: Leading with Integrity

# Objectives

1. Reflect on your *Leading with Love* challenge
2. Identify *integrity* character behaviours
3. Cultivating *integrity*
4. Discuss *Leading with Integrity* challenge
5. \*Student Champions Discussion after session



# Challenge Reflection

The Oxford  
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Project

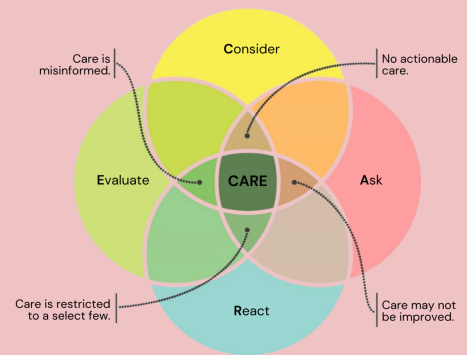


[www.oxfordcharacter.org](http://www.oxfordcharacter.org)

# Challenge Reflection



# Recap: Leading with Love



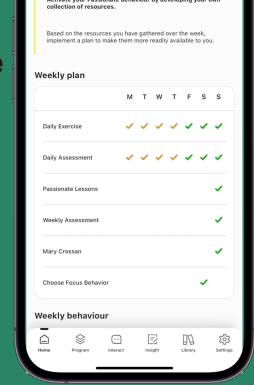
## LEADING WITH LOVE

Practice love by using the CARE framework, finding opportunity to perform all five acts of love.

## The complete week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



## Physical Touch

Use your body language and touch (when appropriate) to express love to those who receive love in this way.



## Quality Time

Provide uninterrupted and focused time to those who would appreciate it.



## Words of Affirmation

Listen actively so that you can encourage, affirm, appreciate, and empathize how others need support.



## Acts of Service

Ask others which acts of service would be helpful to them so that they feel loved and cared for.



## Giving a Gift

Give a gift to someone who would appreciate it. This can take on many forms and the key is for it to be thoughtful.



## Submit!

Deadline: Feb 26th @ 5:00 EST

Questions: [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)

Don't forget to submit for a chance to be featured under your university name. Let us know how you engaged with the challenge!



Scan or click to submit

# Challenge Reflection

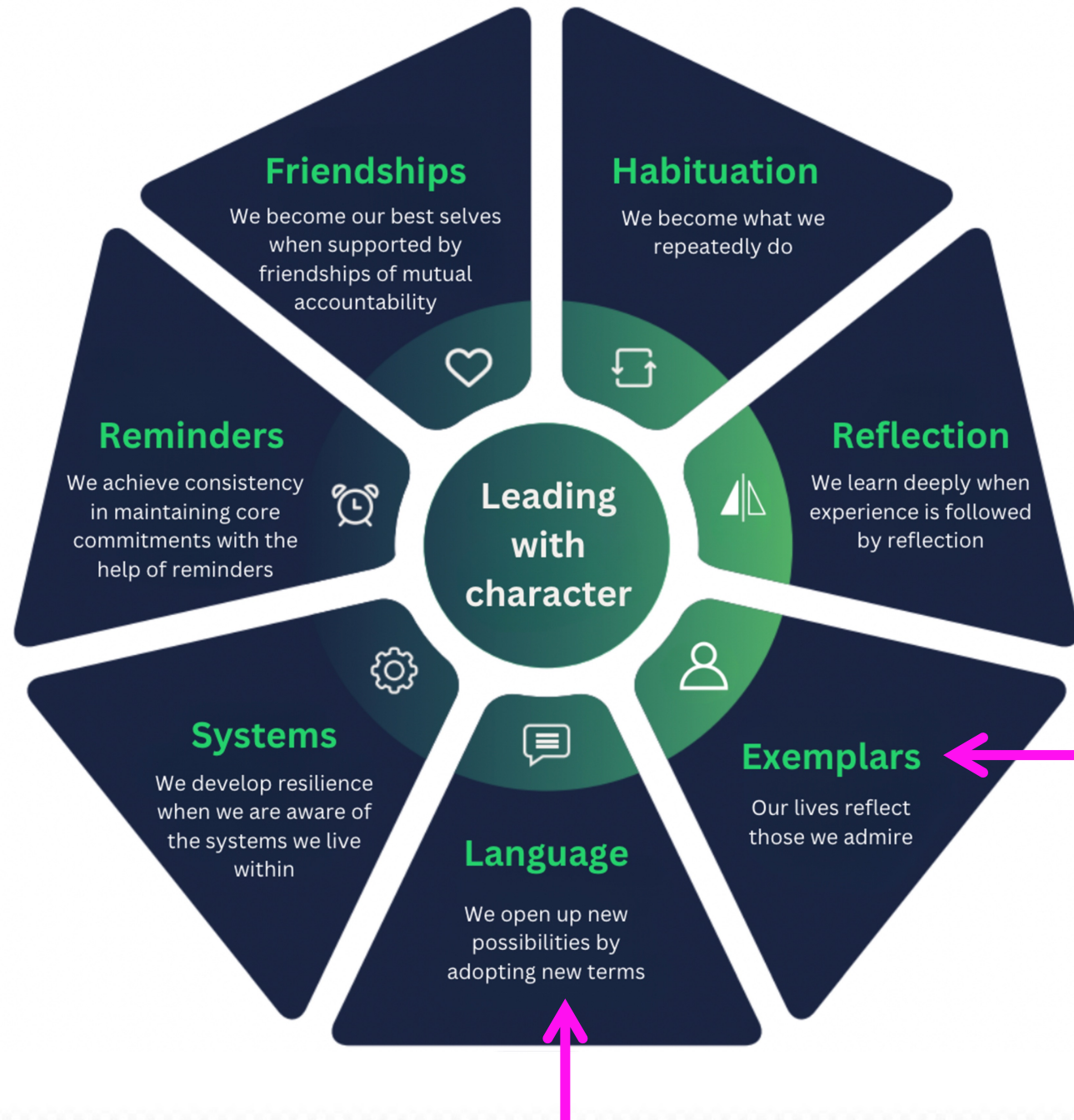


# Leading with Integrity: Video Clip

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# Virtues & Vices: Integrity

Deficient Vice	Virtue	Excess Vice
Fake	Authentic	Uncompromising
Untruthful	Candid	Belligerent
Inconsistent	Consistent	Rigid
Unprincipled	Principled	Dogmatic
Manipulative	Transparent	Indiscriminate

Crossan & Crossan (2023)



# Virtues & Vices: Integrity Support

Deficient Vice	Virtue	Excess Vice	Support Examples
Fake	Authentic	Uncompromising	Brave
Untruthful	Candid	Belligerent	Compassionate
Inconsistent	Consistent	Rigid	Adaptable
Unprincipled	Principled	Dogmatic	Open-Minded
Manipulative	Transparent	Indiscriminate	Self-Aware

Crossan & Crossan (2023)



**ON A SLIPPERY SLOPE - BY ANDYMAN1943**

WWW.TOONDOO.COM



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# Slippery Slope

'Every day we are presented with red eggs. Moments when the lure of success, or fear of failure, puts us to the test.'

What are common red eggs you face now?



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# The Foundation for Trust



# Cultivating Integrity

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# Storytelling: A tool to cultivate Integrity

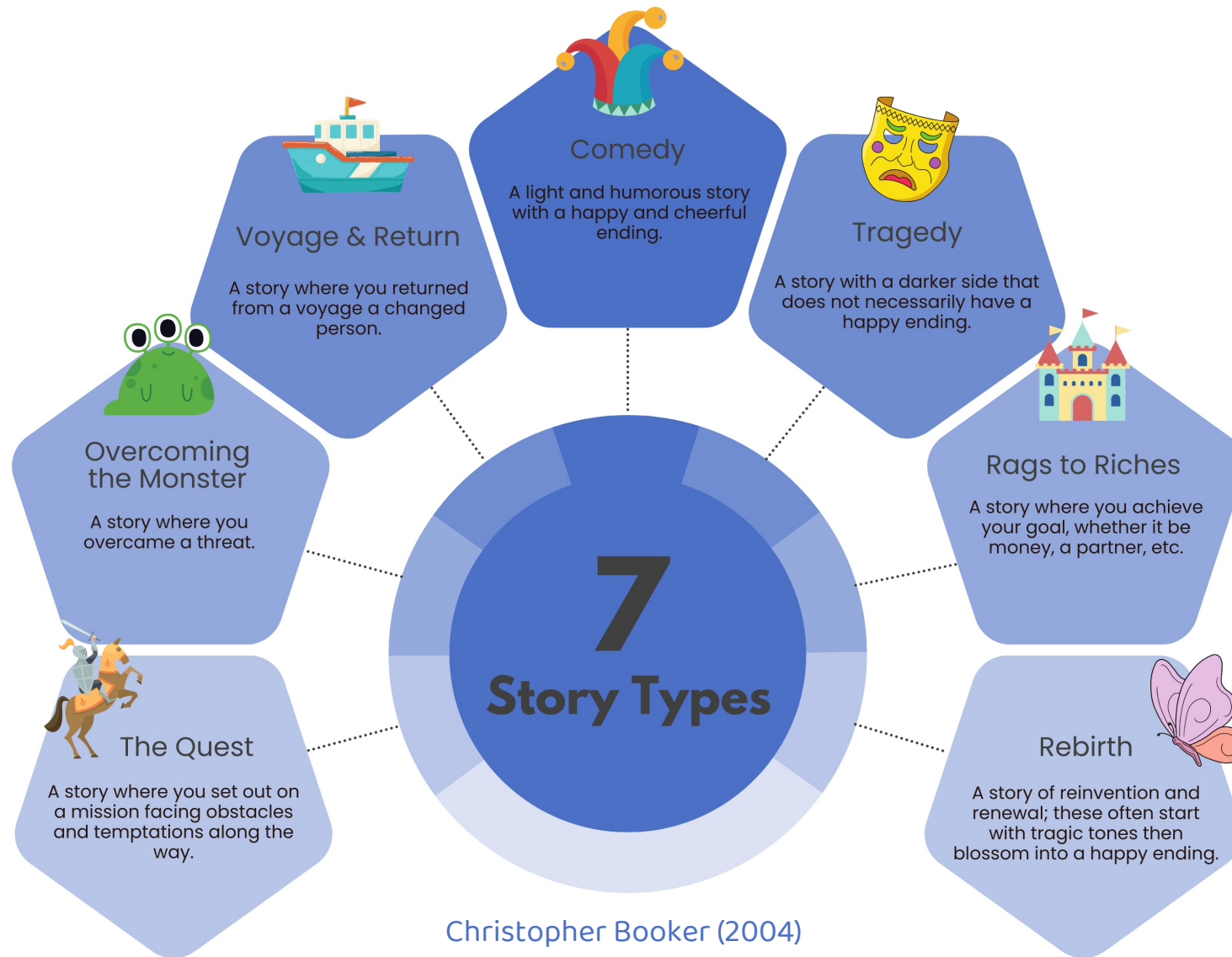
1. Telling personal stories **strengthens awareness** of beliefs, values, and principles.
2. Telling personal stories **invites others to learn** about what you stand for.

Storytelling helps you cultivate a ‘personal brand’

# The Four Integrity Branding Archetypes

This 2x2 maps awareness (beliefs, values, and principles) against storytelling.

	Low Awareness	High Awareness
High Storytelling	<p><b>The Entertainer</b></p> <p>They know how to tell stories but they are not anchored in self-awareness. These stories may build relationships with others but trust is limited because they do not invite others to get to know who they are and what they stand for.</p>	<p><b>The Builder</b></p> <p>They know who they are and convey who they are often through storytelling. This builds strong trust with others as they invite others to get to know who they are and what they stand for.</p>
Low Storytelling	<p><b>The Ghost</b></p> <p>They don't know who they are and they don't tell stories limiting their own personal exploration and the trust of others. As a result, they may not have a strong sense of identity with themselves or others.</p>	<p><b>The Islander</b></p> <p>They have a strong sense of self but don't convey who they are to others. As a result, they may feel their identity is hidden from others creating a sense of distance between self and others.</p>



**Begin forming one story based on one of the seven story types.**

Disclaimer: Please consider which types of stories you choose to reflect upon because some may be bring up difficult memories.

# Challenge

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# Love Challenge



**Jimena Alvarez**

I decided to be more intentional with the way I feel about the people around me. I came to realise that with words of affirmation I can truly express myself. I decided to write a Valentines letter for each one of my friends to show them my gratitude and appreciation.



# Love Challenge



**Leo Shih**

Leadership with love meant working with a group of my friends in preparing for our International Relations exam. We each took the lead on one portion of the prep work, and used the time we studied together as a bonding experience to tie us closer together.



# Love Challenge



**Youness Robert-Tahiri**

For this challenge, I reflected on the CARE framework that we learned about in our last session. Throughout this portion of the session, I became curious about if I even applied this framework to myself (e.g., do I take the time to really ask myself if the way that I am caring for myself is actually fulfilling?). Therefore, I approached this challenge from an "inward-and-then-outward" perspective—I aimed to cultivate self-love within me first before attempting to express it authentically to others. To achieve this, I utilized free guided meditations generously provided by Dr. Kristin Neff's website on self-compassion: <https://self-compassion.org/guided-self-compassion-meditations-mp3-2/>. Throughout the challenge, I engaged in these acts of care towards myself, and I feel they have helped me become in a better position to lead more authentically with love.



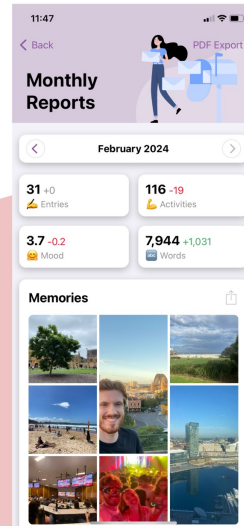
# Love Challenge



**Anannyabrata Mandal**

The idea of leading with love stands out to me, especially as a young adult and university student who may end up in situations that feel overwhelming, and where it seems there is no one to support me. However, deeper evaluations show there is no dearth of people who care about me, and who are there to assist me, whether that is with something as simple as asking about my day. My parents definitely love me unconditionally -- this I do not doubt. Yet sometimes, when I feel very occupied, I notice how I do not make time for those who love me. Recently, I have been actively trying to make myself more available for calls and conversations with my parents, as well as planning hangouts with friends who are dear to me. It is not enough to simply care about or love them in my mind, or to carry out actions of love without giving due thought and consideration. Both are equally important.

# Love Challenge



I'm still using the Daylio app to track activities, my mood, and long-term goals. As I've been abroad, it's been difficult to stay connected with my tight community back home, but I've been facetimeing and calling as much as possible. I also created a shared album for my travels with my family.

# Love Challenge



I engaged with the challenge in 3 different ways:

1. I have tried to reflect on what my love language is and how frequently I use it. I give gifts a lot, and I believe it is my primary love language because it is platonic or romantic relationships. However, the love language I like to receive is words of affirmation. I usually ruminate negatively on events and tasks, and therefore really benefit from words of affirmation.
2. The second way I have engaged with the challenge is by asking how the people in my life how they would like to receive love. Although I put a lot of consideration into the gifts I give, I have never considered if gifts themselves are the way to go. As such, I've been trying to have conversations with friends regarding how they would like to receive love.
3. The last way I have engaged with the challenge is by reacting to people's feedback and trying to give them love in the ways they outlined. This put me a little bit out of my comfort zone since physical touch like hugs make me slightly uncomfortable. But I have been trying to improve and expand the ways in which I interact with the people in my life in such a way.

# Challenge 4: Leading with Integrity

Practice integrity by sharing your seven types of stories to build trust.



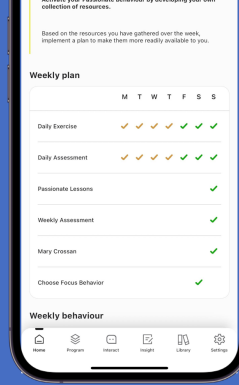
## Leading with Integrity

Practice Integrity by sharing your seven types of stories to build trust.

## The complete week

Share a photo of your Virtuosity home screen to show 7 days of practice in a row.

Or show us your own tracker and results if you aren't using the Virtuosity app.



## The Quest

Share a story where you set out on a mission facing obstacles and temptations along the way.



## Overcoming the Monster

Share a story where you overcame a threat.



## Voyage & Return

Share a story where you returned from a voyage and returned a changed person.



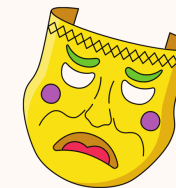
## Comedy

Share a light and humorous story with a happy and cheerful ending.



## Tragedy

Share a story with a darker side that does not necessarily have a happy ending.



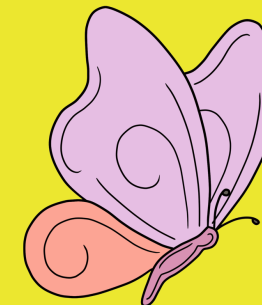
## Rags to Riches

Share a story where you achieve your goal, whether it be money, a partner, etc.



## Rebirth

Share a story of reinvention and renewal; these often start with tragic tones then blossom into a happy ending.



## Submit!

Deadline: Mar 25th @ 5:00 EST

Questions: [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)

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Scan or click to submit

# Discussion

Share one story with your group to get you started with the challenge.



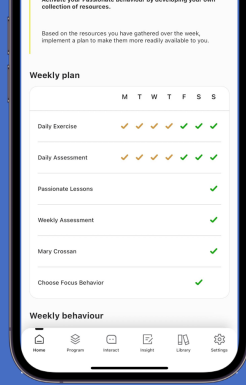
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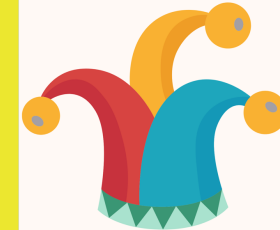
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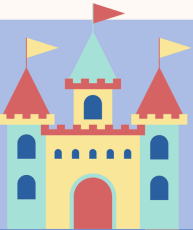
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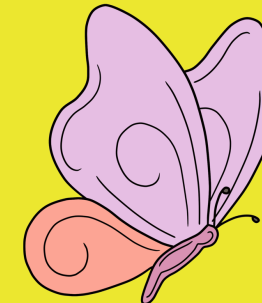
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# Attendance & Student Champions Discussion

Corey Crossan, [corey.crossan@politics.ox.ac.uk](mailto:corey.crossan@politics.ox.ac.uk)  
Anjali Sarker, [anjali.sarker@politics.ox.ac.uk](mailto:anjali.sarker@politics.ox.ac.uk)

