

**CORRUPTION FREE**

**ACHIEVER**

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**ANTICORRUPTION TRAINING FOR UON STAFF**

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# QUALITIES TO CULTIVATE

- ✓ Understand mandate
- ✓ Man of integrity
- ✓ Team player
- ✓ Be ethical
- ✓ Be motivated
- ✓ Positive attitude
- ✓ Discipline



# DISCHARGE YOUR MANDATE

- All activities related to your job.
- Activities incidental to the job.

“ Nothing great was ever achieved without  
enthusiasm”

RW Emerson

“ Knowing is not enough; we must apply.  
Willing is not enough; we must do”

JW Von Goethe

# BE A WORKER OF INTEGRITY

- Honest, Reliable, Trustworthy
- Does what is right
- Not easily influenced by others
- Does not take the easy way
- Goes an extra mile
- Values others

“The world admires and benefits those that  
have high integrity”

Stan the Mann



# BENEFITS OF HIGH INTEGRITY

- You are happy; peaceful in mind, not guilty.
- Feel satisfied at having done the right thing.
- Gain trust and respect.
- Don't get others into trouble unnecessarily
- Become a good example and inspire others.
- May get rewarded –promotion, awards, money.

“ It is well to think well. It is divine to act well”

Horace Mann

# CONSEQUENCES OF LOW INTEGRITY

- May get into trouble with the law / systems.
- Bad reputation.
- Feel guilty.
- Lose others' trust and respect.
- Result in problems; accidents, injury, death.
- Get others into trouble.

“The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be”

Horace Bushnell

# BE A TEAM PLAYER

- Commendable and exemplary character
- Enthusiastic and dedicated to the task
- Discipline, consistent, tolerant, tranquil, persistent
- Decision maker: logical, analytical and positive
- Visionary and goal oriented
- Knowledgeable, proactive, committed to excellence
- Inspire teamwork – Good interpersonal skills.

“I cannot give you the formula for success, but I can give you the formula of failure.....which is Try to please everybody”

HB Swope

# ETHICAL WORKERS

- Moral, honest and accountable
- Walk the talk and take responsibility of their actions
- Have courage to do the right thing
- Are authentic, transparent and honest
- Lead with integrity
- Responsive and communicate well

“Great things are not done by impulse but by a series of small things brought together”

Vincent Van Gogh



# BE MOTIVATED

- Set **SMART** realistic goals
- Start small, think big
- Count your blessings
- Stop procrastinating
- Track your progress – congratulate yourself
- Believe in yourself – Yes I can

“Without inspiration, the best powers of the mind remain dormant. There is a fuel in us which needs to be ignited by sparks”

JG Von Herder

# HOW TO MOTIVATE YOURSELF

“ People who are unable to motivate themselves must be content with mediocrity, no matter how impressive their other talents”

Andrew Carnegie

- Have a cause
- Have a dream. A big dream
- Run your own race
- One thing at a time – Important things first
- Take one more step
- Let go of the past

“Finish each day and be done with it. You have done what you could”

Ralph Waldo Emerson

# HAVE A POSITIVE ATTITUDE

Have the right attitude and viewpoint:

- Take problems positively.
- Think solutions.
- Do it now: Past is gone, future is yet to come.
- Feed on hope – Be optimistic.
- Be enthusiastic.
- Motivate others.

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude”

Thomas Jefferson

# BE A DISCIPLINED ACHIEVER

- Positive outlook
- Strong belief in self (inspired)
- Continue learning – Continuous improvement
- Ability to plan – Time management
- Taking risks
- Patience and persistence
- Vision and imagination

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HB Swope