

SELF-CONTROL



"The first and the best victory is to conquer self. To be conquered by self is, of all things, the most shameful and vile."

- Plato

n. self-con-trol (slfkn-trl)

Control of one's emotions, desires, or actions by one's own will.

The concept of self-control comes from the Greek word *egkrateia*, which means "inward strength and restraint." Self-control is the inward strength to bring every physical and emotional appetite under control. A person who demonstrates self-control is one who masters their desires and passions, rather than being mastered by them. Self-discipline is best thought of as the discipline practiced by elite athletes, intent on winning the big prize; and continency means "to have power over oneself." Self-control is more than just moderation. It is the determination to stop indulging one's self. It means a desire, want, or craving will not "rule" an individual. If an individual does not want to be controlled by anything in life, they first must gain self-control.

The Heart of a Champion Self Control program seeks to build a stronger sense of self discipline for each individual as they strive to become the best they can be within the workplace.

At the end of this program, participants will be able to:

- ▶ Define Self Control as it relates to their personal behavior
- ▶ Gain a greater understanding of boundaries for self and others
- ▶ Develop understanding of how their actions and words affect others and both the internal and external culture
- ▶ Understand where to draw the line within certain areas of freedom
- ▶ Recognize ways they can apply self control to their own lives and realize the benefits of such action Develop an action plan for applying self control in their words, actions, and emotions

Program Delivery

This 8-hour module is available in a series of 4-hour or 2-hour facilitator led workshops. These sessions include: comprehensive workbooks complete with case studies, exercises and assignments; cutting-edge video segments; and reinforcement mechanisms. Additional optional services include: pre/post assessments, celebrity keynote speakers to introduce or conclude the program, a customized recognition program, reinforcement tools and subscription elements. Heart of a Champion's facilitators are certified and promise to provide the finest instruction available in corporate ethics and character.

Contact us at www.whitewatergroup.com for more information.

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