



EPSILON CHALLENGE

LEADING AND SERVING AS A BALANCED MAN

Most members in the Epsilon Challenge will assume leadership positions in the chapter and on campus. Productive leadership habits and management skills will not only positively affect them, but also the people they serve in the leadership roles. The Epsilon challenge allows members to hone their leadership skills and impact other members of the chapter and community. **Epsilon challenge members should expect to further develop an understanding of their personal strengths, build professional skills, and develop healthy habits.**

The Balanced Man Program is based on five philosophical tenets. One of those tenets is **continuous development**. When done correctly, continuous development provides the following benefits:

- Keeps SigEp relevant throughout college to keep more older brothers involved with the chapter
- Pushes our members to learn and grow during every step of their undergraduate experience by providing learning opportunities not afforded inside the classroom
- Ensures our graduates are better-prepared and better employees than the average student



KEY PEOPLE:

The **Epsilon challenge coordinator** will be largely responsible for ensuring that members in the chapter continue to develop as they focus on leading others. The most successful Epsilon challenge coordinators will be:

- Passionate about leadership
- Respected by older members
- Well-organized

The main responsibility for challenge coordinators is to **plan and execute the bi-weekly meetings**. Beyond planning and executing bi-weekly Epsilon challenge meetings, successful coordinators will:

- Work with the standards board to address brothers not meeting minimum time frames
- Schedule and hold the Epsilon Rite of Passage at least three times a year
- Develop relationships with external facilitators to ensure that all content is presented by an expert
- Identify potential chapter mentors for the Phi Challenge

Content experts leverage their experience and expertise to **support a specific programming area**. Content experts can be alumni, university faculty or staff, graduate students or even members of the local community. The top priorities of content experts are to:

- Meet with challenge coordinators at the beginning of each semester to select appropriate programming opportunities for each challenge in their area of expertise
- Help challenge coordinators find resources and facilitators to support their programming needs
- Facilitate programming opportunities for each challenge in their area of expertise

PROGRAMMING:

Additional Epsilon challenge resources can be found [here](#). As you build the Epsilon challenge, the time you spend on each of the development areas should closely resemble this breakdown:

LENGTH: 28-80 WEEKS

MEETING FREQUENCY: TWICE PER MONTH

RECOMMENDATIONS:

14-30 MEETINGS

15-20 ACTIVITIES



LEADERSHIP DEVELOPMENT

⌚ 30% (3-8 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Participate in a chapter-wide club fair
- Personal brand seminar led by a campus professional or alumnus
- Give a presentation to the whole chapter on a topic of passion to practice public speaking



PROFESSIONAL DEVELOPMENT

⌚ 30% (3-8 Meetings)

SAMPLE CHALLENGE MEETINGS:

- How to use LinkedIn led by the career services office
- Mock career fair
- Challenge-wide case competition



INTELLECTUAL DEVELOPMENT

⌚ 25% (3-7 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Gun safety presentation
- Give presentations to the chapter about studying abroad
- Mental health seminar provided by a campus professional



PHYSICAL HEALTH AND WELLNESS

⌚ 15% (3-4 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Host a chapter-wide sports tournament and be captains
- Challenge-wide date night
- Compete in a local endurance event



SIGEP DEVELOPMENT

⌚ 10% (2-3 Meetings)

SAMPLE CHALLENGE MEETINGS:

- Plan a brotherhood event for the whole chapter
- Perform a chapter S.W.O.T. analysis
- Participate in a SigEp ritual