

WORKSHOP AGENDA

Values

What you stand for, and whether it shows up in how you work.



90 minutes · In person or virtual · Individuals and teams

Values shape how we work, how we make decisions, and what we are willing to stand for under pressure. This session explores what personal and professional values actually are, how to identify your own, and how to close the gap between the values you hold and how you behave day to day.

— WHAT YOU LEAVE WITH

- Understand what values actually are, and how they shape behaviour, decisions and working relationships.
- Reflection on your own values, where they are most and least visible in how you work, and why it matters.
- A clear articulation of your values, and the specific behaviours that bring them to life.

— WHO IT'S FOR

Anyone who wants to name their values and close the gap between what they hold and how they behave, and leadership or culture programmes where naming values clearly is the foundation for the practices that bring them to life.

— AT A GLANCE

Values 101	<i>What values are and how they shape behaviour.</i>	15 MIN
Values in Action	<i>Surface your values from real experience.</i>	30 MIN
The Values Gap	<i>Where values are lived, and where they slip.</i>	15 MIN
Values and Behaviours	<i>Turn values into observable behaviours.</i>	30 MIN

the session

01

Values 101

15 MIN

What values are and how they shape behaviour.

What values are, how they differ from beliefs and personality traits, and how they shape behaviour in ways people often don't notice.

02

Values in Action

30 MIN

Surface your values from real experience.

Participants reflect on their own working life to identify moments when they felt most aligned with what they value, and extract the values those moments reveal.

03

The Values Gap

15 MIN

Where values are lived, and where they slip.

A facilitated conversation where participants examine the difference between the values they hold and the values they actually live by in their daily working life.

04

Values and Behaviours

30 MIN

Turn values into observable behaviours.

A practical individual exercise where participants articulate their values as specific behavioural commitments they can apply immediately.

Let's talk.

Bring Values to your team

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