

FINDING YOUR VALUES



Select Your Values

Review the list of core values. Feel free to add any that are not on the list. Consider the people you most admire, what values are personified with them? Think about the best and most difficult situations in your life. Do any values stand out? Mark all values that resonate with you.

Achievement
Ambition
Caring
Charity
Collaboration
Creativity
Curiosity
Dependability
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Fairness
Family
Friendships
Flexibility
Freedom

Fun
Generosity
Growth
Happiness
Health
Honesty
Humor
Individuality
Innovation
Intelligence
Intuition
Joy
Kindness
Knowledge
Leadership
Learning
Love
Loyalty

Making a difference
Motivation
Optimism
Open-mindedness
Passion
Perfection
Performance
Personal development
Popularity
Power
Professionalism
Punctuality
Quality
Recognition
Relationships
Reliability
Resilience
Risk-taking

Safety
Security
Self-control
Service
Spirituality
Stability
Success
Thankfulness
Traditionalism
Understanding
Wealth
Well-being
Wisdom

Categorize Your Values

Review the values you marked and group them into categories. Identify a central theme and name the category.

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Select Your Top Core Values

Select the top three core values that resonate most with you.

1. _____ 2. _____ 3. _____

WORKSHOP LIBRARY



Bringing Out the Best in Others

Unleash the potential of your team through transformative strategies that inspire, motivate, and create a culture of excellence.

Collaboration in the Workplace

Effective workplace collaboration enhances productivity, teamwork, and innovation. Explore strategies to promote and build a collaborative work environment.

Communication that Influences

As you understand how influence works you will be able to develop influential communication skills that captivate, persuade, and drive positive outcomes.

Conflict Management

Gain the skills to manage and mitigate conflicts effectively with a shared understanding, respect, active listening and psychological safety.

Effective & Inclusive Communication

Promote diversity, amplify voices, and build stronger, connected teams through inclusive communication. Communicate so everyone feels heard and valued.

Effective Problem Solving

Equip yourself with advanced problem-solving skills to address challenges and find solutions. Develop a problem-solving mindset for professional growth.

Facilitating a Discussion - Group Meetings

Learn how to lead discussions that yield meaningful results and engagement. Guide productive group meetings with skill and expertise.

Fundamentals of Feedback

Gain insights into feedback techniques on how to engage in a way that leads to effective resolution of communication problems.

Leading Organizational Change

Develop the skills and strategies needed to navigate change initiatives. Create an environment to foster growth, adaptability, and positive outcomes.

Managing Projects

Using traditional management techniques, better understand how to manage a project. From planning to execution, ensure success with these skills.

Microaggressions

Better understand microaggressions and how to create an inclusive, respectful environment where everyone can contribute and feel like they belong.

On-boarding

Optimize your on-boarding process for seamless integration and productivity. Ensure new team members acclimate smoothly and become valuable contributors.

Process Improvement

Drive efficiency and excellence through proven process improvement methodologies and strategies. Learn how to streamline operations for success.

Relationship Development

Cultivate professional relationships founded on trust, collaboration, and mutual success. Develop relationship-building skills for career growth.

Resiliency

Build personal and organizational resilience, enabling you to grow and achieve success despite obstacles. Discover strategies to bounce back from challenges.

Respect in the Workplace

Promote a culture of respect to create a positive and inclusive workplace where every individual's worth is celebrated and valued.

Service Excellence

Deliver outstanding service that delights and retains customers and clients. Learn how to exceed expectations and build loyalty.

Time Management & Organization

Optimize your time and organizational skills as you learn how to enhance productivity and achieve work balance.