

THEME

Leading Self

SUB THEMES

Knowing Self

Overview

Values are the beliefs we hold close and make up the core of who we are. Values are what we put first.

Values are essentially the foundation of the way we lead our lives.

In this learning activity Participants analyse their values by creating a scenario where their values clash.



What do I value?

Knowledge and skills

Personal self-awareness – self-motivation, values, emotional understanding, self-efficacy, leader behaviour, personal qualities.

Resources

- Leader Journal template





STEP 1

Participants identify the four things that are most important to them.
They are asked to write them in the four corners of the box in the Leader Journal template.

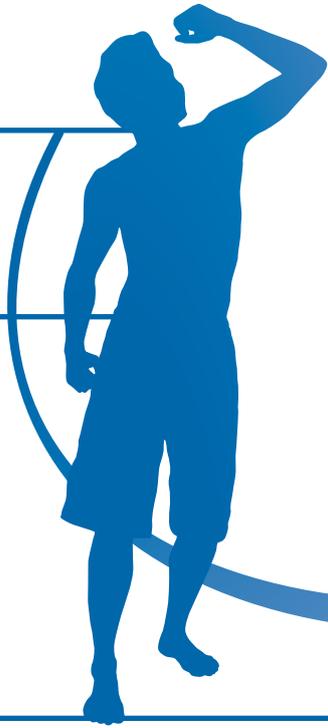


STEP 2

Participants cross out one of the four things they have identified as the most important to them. This leaves three values.
Participants then cross out a second value they have identified. This leaves two values.
A third value is crossed out and taken away. This leaves just one value which is the core value that drives them.

STEP 3

The facilitator then asks the following questions:
How did that exercise make you feel?
How did you deal with a values clash?



STEP 4

Participants discuss their reaction to clashes in values.



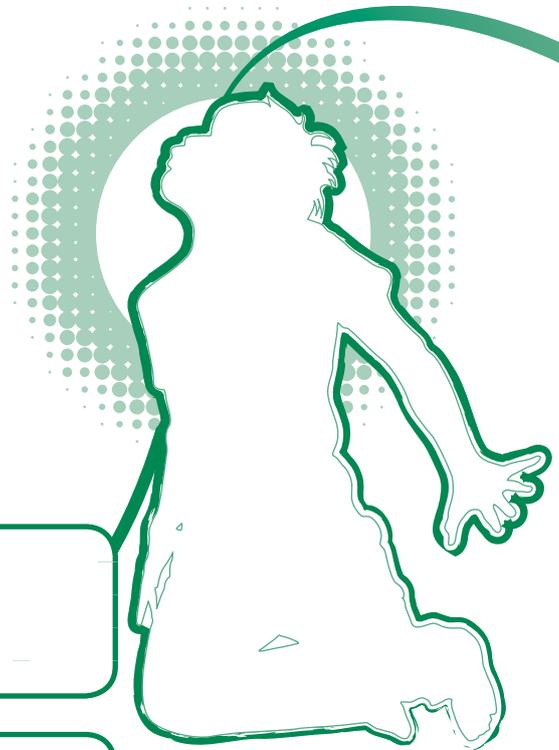
NAME _____

What do I value?

Values will influence your priorities. The stronger values are what you put first, defend most and least want to give up.

Identify the four things that are most important to you – that when push comes to shove you will not want to give up. For example, family, friends, money, music, sport, honesty, education etc.

**WRITE THESE FOUR THINGS
INTO A BOX EACH.**



What was difficult about this values activity? Discuss this with someone else and then write your answer below.



