

# Exploring Your Personal Values

Are you living your life in order? Do your actions align with what's important to you? Have you even assessed what's important to you lately? And if you manage others, do you know what's important to your employees? Knowing and understanding your **Personal Values** can be a valuable tool in helping you gain control of and manage your day-to-day life.

In this often life-changing session, participants will explore the impact of **Personal Values** in their lives. We will consider the source of our values, how they evolve over time, and how we use them – and sometimes ignore them – in decision-making. Frequently, this new understanding can help explain the source of stress, frustration and conflict that we all experience. Participants will also learn to respect those whose values are different from, and possibly in conflict with, their own. Finally, participants will learn to prioritize their **Personal Values** and examine their day-to-day behaviors according to their list of priorities.

## PROGRAM OBJECTIVES:

- Understand the sources of Personal Values
- Recognize the differences of people's values and motivations
- Appreciate the benefits of people with values that are different from their own
- Prioritize their Personal Values
- Assess the alignment between the priority of their values and their day to day actions
- For managers, learn how different values impact the motivations of the individuals they manage

## PROGRAM LENGTH:

Half Day

## TARGET AUDIENCE:

This program is designed for professionals interested in their career and personal development. It is appropriate for any function or level and can be tailored to target the specific needs of your group.