



RECONNECTING TO CORE VALUES **1.5 Hours (minimum)** **Saving time personally and professionally.**

Purpose ~ Prioritize according to core values; gain clarity, focus and stop wasting time.

Values Card Deck recommended

- Defining core values and adopted values
- Importance of values sort for increased effectiveness
- Values sort experience
- Visual representation of core and adopted values
- Sharing within team (as appropriate)
- Team core values (as appropriate)

“Experiencing the values sort personally was amazing; sharing with the executive team was profound. Our executive team’s core values are now the pillars for us to upkeep. This will help us to focus and move forward. Let’s do this with my family next!”

Dick Guest, CEO
Genpharm, Mylan.

What was your main learning about values and the values sort?

This was a wonderful self-assessment. Made me better understand myself. Made me reprioritize what’s really important to me so I can be more effective.

It brings you back to reality, to help you regroup, put things into perspective and become more effective.

Janice conducted a values sort with our corporate team, and from this we created our core values from which we operate daily. We learned deeply about ourselves, one another, and how we want to conduct ourselves within our organization.

Recognizing that some of the values we have may not be our own core values, but from someone else (i.e. parent, boss, etc.) - influenced from outside.

Difficult to focus on ourselves sometimes so it was enlightening and appreciated- thanks boss! Eye-opening experience. Everyone’s values are unique and their own. Powerful when shared with team.

That I possess a lot of great core values...and to stop trying to change to please others and just be me.

What are one or two things you particularly liked?

Janice is very calming and soothing as she speaks and as she walks you through exercises. She has an ability to really make you think, make you want to think about yourself, your core, your values.

I strongly recommend taking the time to assess your values. You will benefit from it immensely. You will discover things about yourself and your loved ones. You will become a better you.

Courage to Love Yourself values cards is a great tool to learn more about one's self. Interesting to differentiate between self and influential other- parents, spouse, boss. I like the fact that I actually realized just how much, as an adult, I am like my mother and that the things I disagreed with as a child are the things I try not to instill in my daughter and I need to stop it and just let her be her. Determining what were my core values. Can use this with kids – very valuable information Incorporating the core values each day.

