



LIVING YOUR VALUES

ALIGNING STRENGTHS & PURPOSE



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| WHAT IS IT? | Values act as our inner compass, guiding our decisions, shaping our behaviours and influencing how we connect with others. |
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| WHY IS IT IMPACTFUL? | Identifying our own core values, how they show up in everyday actions and decisions, and understanding how aligning these to our strengths and purpose, creates authenticity, resilience and impact. It creates the foundations for a safe, motivating and value centred workforce. |
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HOW WE DO IT

Through interactive reflection and practical exercises, participants will:

- ✓ Gain clarity on their personal and professional values
- ✓ Explore how values influence choices, relationships and team culture
- ✓ Connect values to their strengths to build alignment and authenticity
- ✓ Commit to practical behaviours to bring values into everyday life

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| THE RESULT? | Individuals gain the confidence to bring their values to life in what they do, with a greater ability to align those values to their work. For teams, this means taking time to build strong foundations that foster trust, collaboration, and purpose — enabling them to flourish |
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