

Activity Three: *Sharing Stories*, 20 to 30 minutes in pairs or groups of 3, 15 to 20 minute large group discussion

Activity Four: *Scenarios*, 15 minute small group discussion, 15 to 30 minute large group discussion

Activity Five: *Contextualized Me*, 30 to 60 minutes

➤ Learning Activities

Activity One: My Values

Time: 15 to 30 minutes

Learning Outcomes Participants will

- Be able to identify the personal values that are most important to them.
- Understand how their personal values influence their leadership approach.

Materials

- Writing utensils
- Paper
- Board or screen (if not using worksheet)
- Worksheet with questions (if not using board or screen)

Detailed Instructions Create a worksheet with the questions listed below, or have the questions on a screen or board for all participants to see. Have participants answer the following questions silently (*5 to 10 minutes*):

- What five personal values are the most important to you? How are each of these values important?
- What value do you consider most as a leader?
- How do your values influence your leadership style? Give specific examples.

- How often do you consciously think about your values?
- How do your values align or not with this group? (This group could also be replaced with a specific organization, team, or other affinity group.)
- What do you do when your values come into conflict?

After participants have completed these questions, have them break into small groups of 3 to 5 people and share their values and other highlights from their reflections. (10 minutes)

Bring the groups back together and emphasize the importance of participants knowing what their values are; then, reflect on how their values are congruent (or incongruent) with the group(s) in which they have membership.

Facilitator Notes This activity is an important foundational activity. A more robust values identification activity is included in Chapter Five, “Consciousness of Self.” (Activity One: Identifying Your Core Value). These two activities can be connected to better illustrate the relationship between values and actions, or can also be facilitated separately. Feel free to add questions that relate specifically to the group participating in this activity. Consider providing the values and mission statement of the organization that the participants are a part of as a way for participants to see how their personal values align or do not align with the organization. It is important for participants to discuss what to do when their personal values come into conflict with one another (such as loyalty and honesty) as well as when they might come into conflict with an organization’s values.

Activity Two: Values in Movies

Time: 30 to 45 minutes

Learning Outcomes Participants will

- Understand how their personal values influence their decision-making.
- Consider how Congruence with values appears in everyday scenarios.