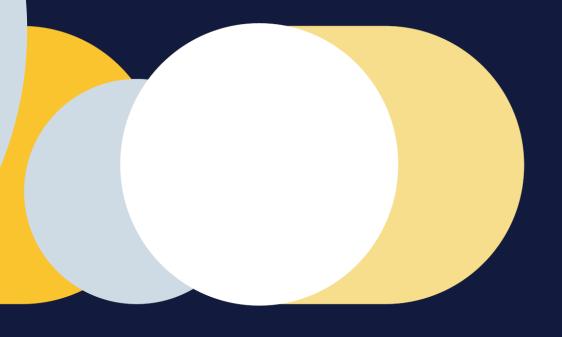
# Connecting with your values

NHS Employers

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## What are we doing?

Values clarification:

"A process in which we explore and clarify the things that we hold personally meaningful. A self-reflection exercise that helps us to find direction and motivation."



# Why do this exercise?

Gives us a tool.

 Evidence based (including in the workplace) - comes from acceptance and commitment research.

We are a whole person.

Sort through your values cards into 3 piles:

- 1. Not important to me at this moment in time
- 2. Somewhat important to me at this moment in time
- 3. Very important to me at this moment in time

#### Tips reminder:

- It doesn't have to be work-focused (but it can be).
- Don't overthink it go with your gut.
- Go with what matters to you, not what you think should matter. You won't be asked to share what you've chosen.
- Think only about right now, not forever.
- If the words don't quite fit, re-write them.
   (There are also blanks)

Take the cards in your 'very important' pile and whittle them down to a top 4-6.

Be decisive.

#### Tips reminder:

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- Don't overthink it go with your gut.
- Go with what matters to you, not what you think should matter. You won't be asked to share what you've chosen.
- Think only about right now, not forever.
- If the words don't quite fit, re-write them.
   (Use the blanks provided)



- 1. Choose one value to focus on.
- 2. Write down three (or more) tangible actions you will take this week to move towards this value.

#### Tips reminder:

- We can never fully 'achieve' a value (so don't put pressure on yourself to live it 100%).
- Think small focus on what you can realistically do.
- Make your actions tangible and specific so that you know exactly what you're committing to do.

## Reflect in small groups

- What was it like doing that exercise?
- You do not have to share your chosen values/actions (but you can if you want to)
- How do you feel about approaching the week ahead, having done this exercise?

### Tips for next steps

Stick your chosen value card **somewhere visible to you** – take a photo and set it as your phone wallpaper, put it up on your fridge, stick it by your laptop, etc.

Create some way of holding yourself to account – agree to check in with someone about how you've got on with your actions, or even send me a message next week (I love hearing how people get on).

Repeat this exercise as often as you like (try it with your other top values, or do a complete re-sort). Adjust your actions if you made them too easy/difficult.

Keep your card packs somewhere accessible – in your bag, on your desk, etc.

