GET CONNECTED

From PVA To Action
Purpose

To find out more about yourself. What is important to you and what motivates you.

Objective

To deepen your understanding of the values that are important to you and the levels of consciousness you operate from.

Source: Barrett Values Centre
Individual Exercise

1. Get Prepared

2. Do Personal Values Assessment

3. Analyse and Reflect

4. Prepare (3-5 min) Presentation
Agenda – Team Sharing

1. Introduction

2. Sharing and Listening

3. Whole Group Reflection
Handouts

HAN DOUT

From PVA to Action

Service

Positive Focus / Excessive Focus
Service to Humanity and the Planet
Devoting your life in selfless service to your purpose and vision.

Collaborating with Partners
Working with others to make a positive difference by actively implementing your purpose and vision.

Finding Personal Meaning
Uncovering your sense of purpose and creating a vision for the future you want to create.

Internal Cohesion
Personal Growth
Understanding your deepest motivations, experiencing responsible freedom by letting go of your fears.

Making a Difference
Self-worth
Feeling a positive sense of pride in self and ability to manage your life. Power, status.

Transformation
Belonging
Feeling a personal sense of belonging, feeling loved by self and others. Being liked, blame.

Self esteem
Financial Security & Safety
Creating a safe secure environment for self and significant others. Control, greed.

Relationship

Survival

Source: Barrett Values Centre