Day-1-Activities

- ***Value clarification/Exercise***

1)Ask participants, privately, to list ten values that are extremely important to them (individual)

2)Divide participants into groups of four, and allow time for them to read their lists to each other and share why they chose what they did? (small group)

3)Then say “privately, take the list and draw a line through three values that are not as important to you as the other.” When everybody is about finished, ask them to share again what they eliminated from their lists (small group)

4)Next, say “Now draw a line through three more values that are of lesser importance to you and write your top four values, one of each post-it notes (individual). Post them on the wall. (Plenary)

5)Have people group their values and see who shares their similar values

6)Ask people then to select the ONE HIGHEST VALUE from there to four and put a big star on the card. Sign your name to it. Then do your next highest value and mark it with a 2 (individual).

- Choose a partner and talk about times when someone questioned this value or you had to define this value. (pair)

Discussion points

1. What do you learn from this exercise?
2. Is it so possible to cancel our value?
3. Is it simple prioritizing our value?

- Bring the activity to a close by asking participants to try to summarize how important certain
- values are to the way you handle your response abilities in your work and yourselves. Collect
- thoughts and summarize the activities.