



## VALUES - online workshop



Who you are, what you hold dear, what upsets you, and what underlies your decisions, are all connected to your personal values. Your values reflect what is important to you. They are a shorthand way of describing your motivations. **Together with your beliefs, they are the causal factors that drive your decision-making.**

### The Value workshop and its purpose

The purpose of the workshop is to help you:

1. Identify what your Values are
2. Understand how they influence your decision-making
3. Understand your motivation in life

**This training is for Executives, Coaches and any high evolved people** who are interested to foster their personal growth. It is consisting of theory, and comprehensive exercises in a group of maximum 10 people. Each module is designed to provide students with an in-depth knowledge and understanding of their values. Modules include lectures, group discussions, Barrett Values Assessment, and homework assignments.

The training supports students to continue to develop and refine their personal growth in a practical application of the learned knowledge. Students also experience one 1:1 coaching with the Professional Certified Coach to deepen their internal development and support their holistic welling.

Come to this training to enhance your knowledge about values and how they drive your daily behavior and find out what is really important for you to thrive. Support yourselves as a leader or a coach by deepening your self-awareness and self-care practice. Improve your ability to listen to and understand yourself and others at a deeper level.



Zoom

If you want to know more, you may contact me:

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## Program

- Modul 1: 1h** **Group coaching** - You will learn about:
- Definition of Values
  - Where they come from
  - What impact they have on your daily life
  - The role they play in your decision making process
- Modul 2: 1h** **Self study** (homework assignment)- You take the Barrett Value assessment and prepare for the following 1:1 Coaching.
- Modul 3: 1h** **1:1 Coaching** with the Professional Certified Coach. Here you will find out in a confidential environment what currently the most important need is in your life and how it drives you.
- Modul 4: 1h** **Self study** - You will develop the topic for your self study during the 1:1 coaching session
- Modul 5: 1h** **Group coaching** You will think about areas to strengthen or develop, or values you would like to demonstrate more fully in your life. Completing this will allow you to start to build an action plan to support your self-development.



### Dates for spring 2021

**Modul 1: 1h** 23.03.2021 / 1.30 - 2.30 PM CET

**Modul 2: 1h** self study

**Modul 3: 1h** 29.03. - 03.04.2021 you will choose an individual appointment

**Modul 4: 1h** self study

**Modul 5: 1h** 06.04.2021 / 1.30 - 2.30 PM CET

Price: CHF 375.00