

Exercise 1.4

Values that matter most to me



Process:

Reflection



20 minutes

Learning outcomes

At the end of this exercise participants should be able to:

- ✓ identify their most important personal values
- ✓ recognise how values can be expressed through people's personal qualities.

Materials



- Handout 1.4 List of values
- Sticky notes or small pieces of paper and pins/tape (3 small sheets per person)

Facilitating the exercise

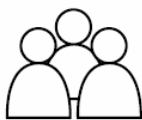


- 1 Distribute copies of **Handout 1.4 List of values** and 'Post-it' sheets (3 per person).
- 2 Ask individuals to reflect on the discussions they have had in the previous exercises and, using the list as an additional source of ideas, identify three values which matter most to them. They should write each of the values on a 'Post-it' pad (ie one per sheet).

Allow 5 minutes before moving on.

- 3 Ask everyone to stick their sheets up on a wall or board.
- 4 When they are all displayed, invite the group to suggest which ones could be clustered together as being the same or similar. Move the sheets around as they suggest similarities and identify some of the most popular ones.

Allow 5 minutes before moving into feedback.



Feedback

5–10 minutes



Choose one or two of the most commonly mentioned values and discuss how people might express these values in their personal qualities. Which of these values might be particularly important for the well-being of others and the delivery of healthcare?