

Values into Practice - Exercise

Activity one - 5mins

- Make a list of all the words you associate with the term 'values'.
There is no right and wrong here, just an opportunity to explore what this means to you.

Activity two - 10mins

- Compare your list with others. What do you notice?

Activity three

If doing this in a larger group, split into two (or more groups), each group focusing on either one of the two perspectives below.

- Make a list of the values important to you in your role as practitioner or supporter
- Make a list of the values important to you as a person

Now move groups around so each group contains a mix of the two perspectives.

- Compare the two separate perspectives to others within the group.
- Compile an agreeable list of both sets of values between you.

This is an example of how our values differ in different contexts based on our expectations of these contexts.

How did that feel? What did you notice? Does this teach us anything about our own expectations of our roles in different contexts?

This is an example of where drawing on an extended family of ideas can often bring diversity and clarity to the purpose of the encounter.

It also highlights the importance of clarifying values and expectations in working relationships which brings a greater awareness of the important elements at play in someone's life and gives clarity around these focuses and the opportunity to respect them.

Activity four

Think of a time you felt uncomfortable with a decision you made in your practice/support.

- What were the most important things about your decision? (For example: The client outcome, being able to think on your feet, protecting myself)
- What were the things affecting your decision making? (For example: my professional codes, time, pressure, my instincts?)
- What did you find the most difficult thing about making this decision? (For example: not knowing whose opinion was right, not having time to think it through, not upsetting people?)