



UWGB Nonprofit Leadership Conference

Reclaim your Why: **Empower Your Values**

April 5, 2023

TODAY'S OBJECTIVES

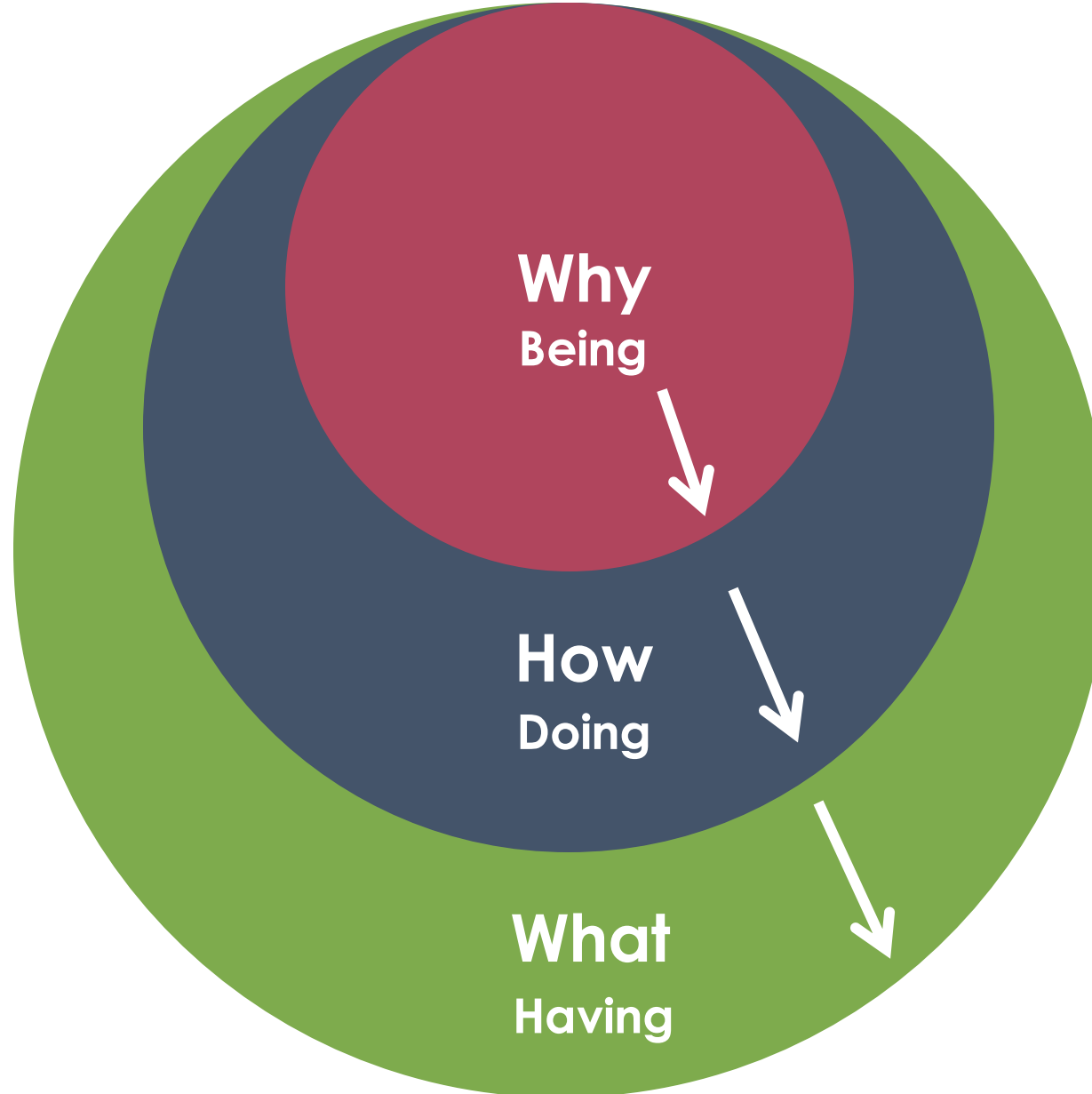
- Understanding **Core Values**
 - At the deepest level of who you are, your core values drive you to spend your time in ways that support what is most important to you
- Exploring Your **Personal Values**
 - Identify and examine the factors that drive what you do and why you do it, highlighting opportunities to be more consistent with who you are
 - Learn how to bring your core values into your conscious awareness so that you can work with them to create the life you want to be living
- Putting your **Values into Action**
 - Identify changes and actions you want to take to live with more intention and energy

Intention & Reflection:

Expectations for the session

- What do you hope to learn from today's workshop?
- Identify where you spend the majority of your time?
 - Of those things, identify the things that
 - Give you energy
 - Take energy away

STARTING FROM THE INSIDE-OUT

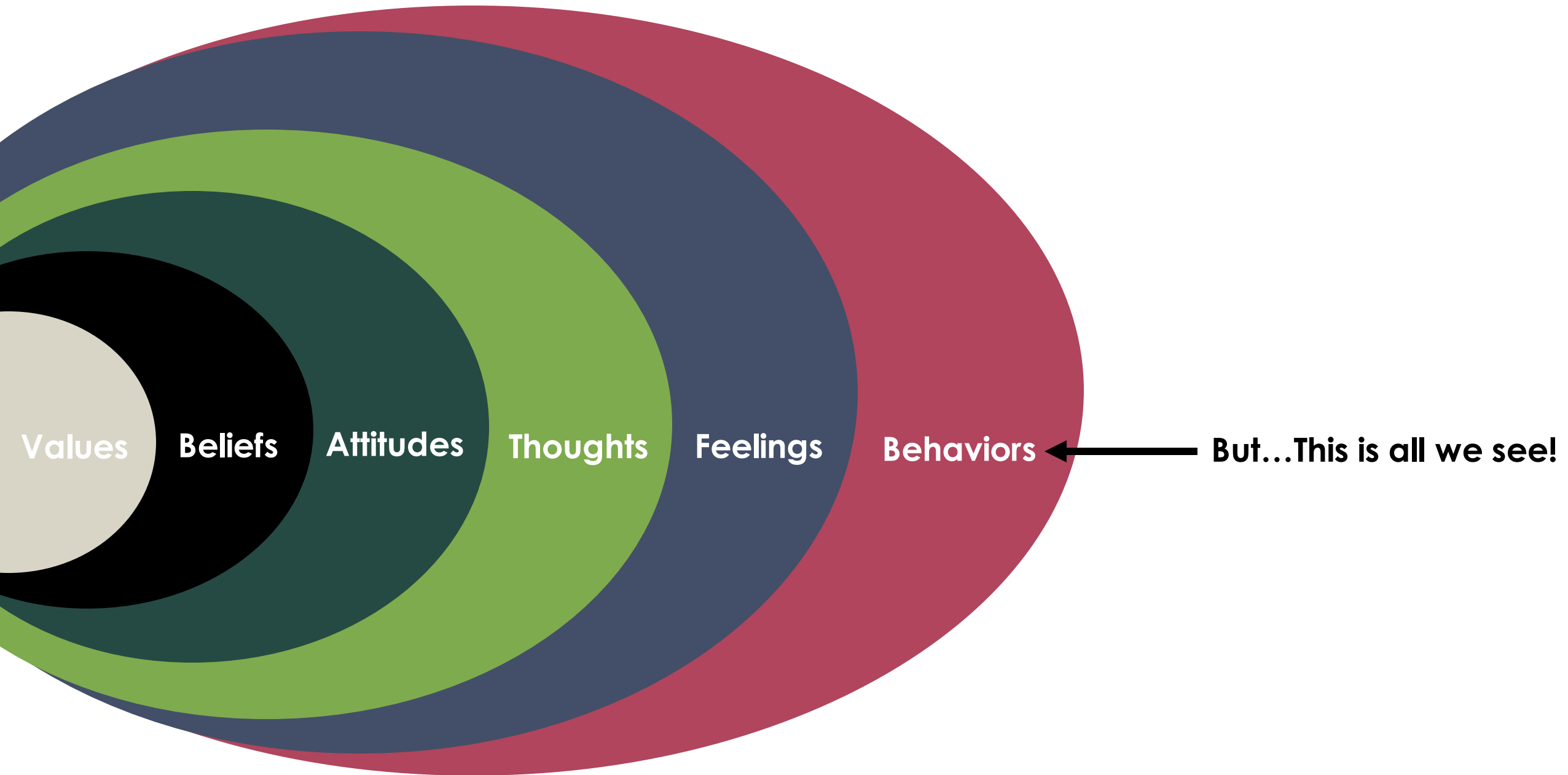




Understanding **Core Values**

values:

what is important to us as
individuals





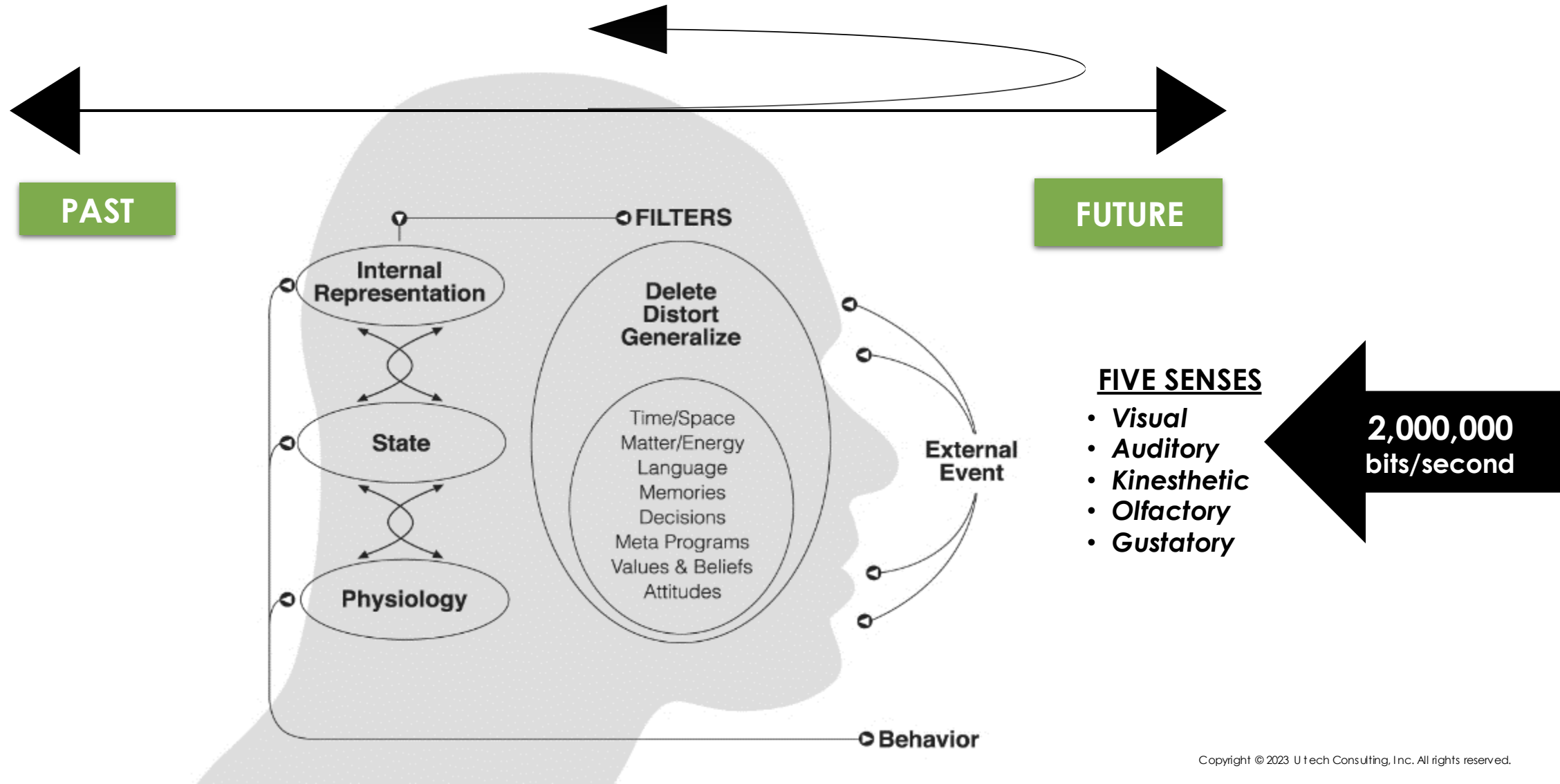
Exploring Your **Personal Values**



“...the greatest problem we face is that we think we are running our lives with the wishes, desires, and aspirations created by our **conscious** mind.”

- Bruce H. Lipton, Ph.D
(From *The Biology of Belief*)

HOW WE FILTER INFORMATION



VALUES DEVELOPMENT

Imprinting (Birth to 7)

Unconsciously pick up on parents behavior

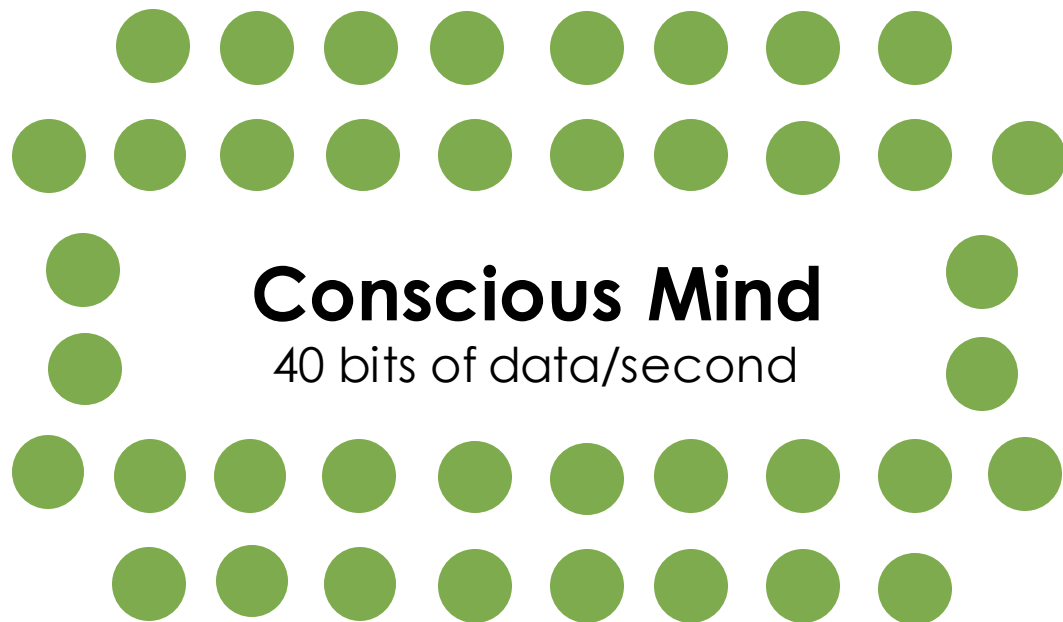
Modeling (8 to 13)

Consciously and unconsciously copy others – develop our major values

Socialization Period (14 and after)

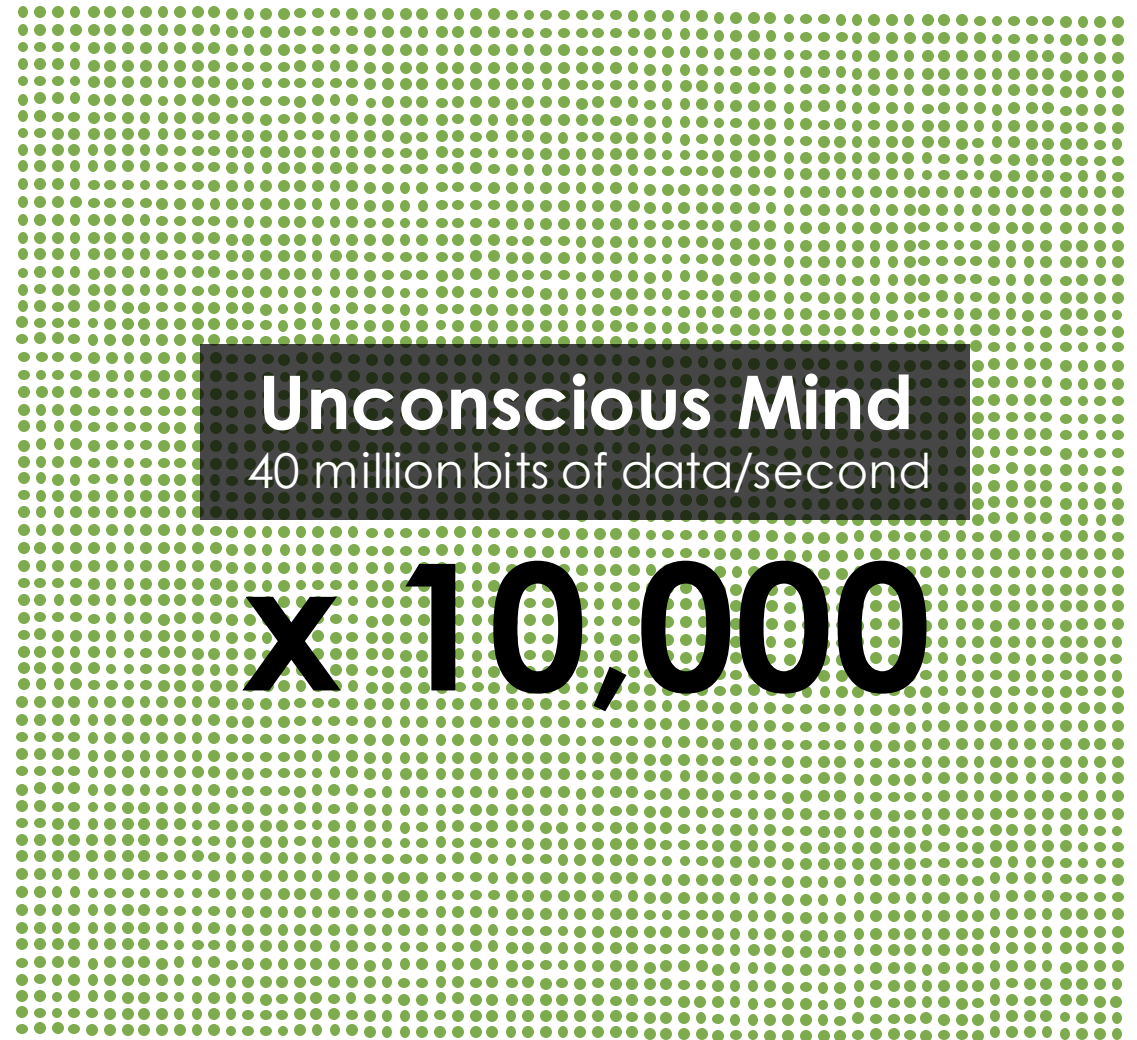
Social interactions drive relationship values





Conscious Mind

40 bits of data/second



Unconscious Mind

40 million bits of data/second

x 10,000



values system:
the interconnected hierarchy
of what is important to us

According to Stanford University Research, writing about your values is “one of the most effective psychological interventions ever studied”.



As a result of the experiment, participants overwhelmingly displayed the following characteristics:

Self:

- More powerful
- In control
- Strong and more resilient
- Increases pain tolerance
- Enhances self-control
- Reduces rumination after a stressful experience

In Relationships:

- More connected
- More empathetic towards others
- Clearer with expectations
- Clearer decision-making

Exercise:

Identifying and Defining Your Values

Exercise:

Prioritizing Your Values

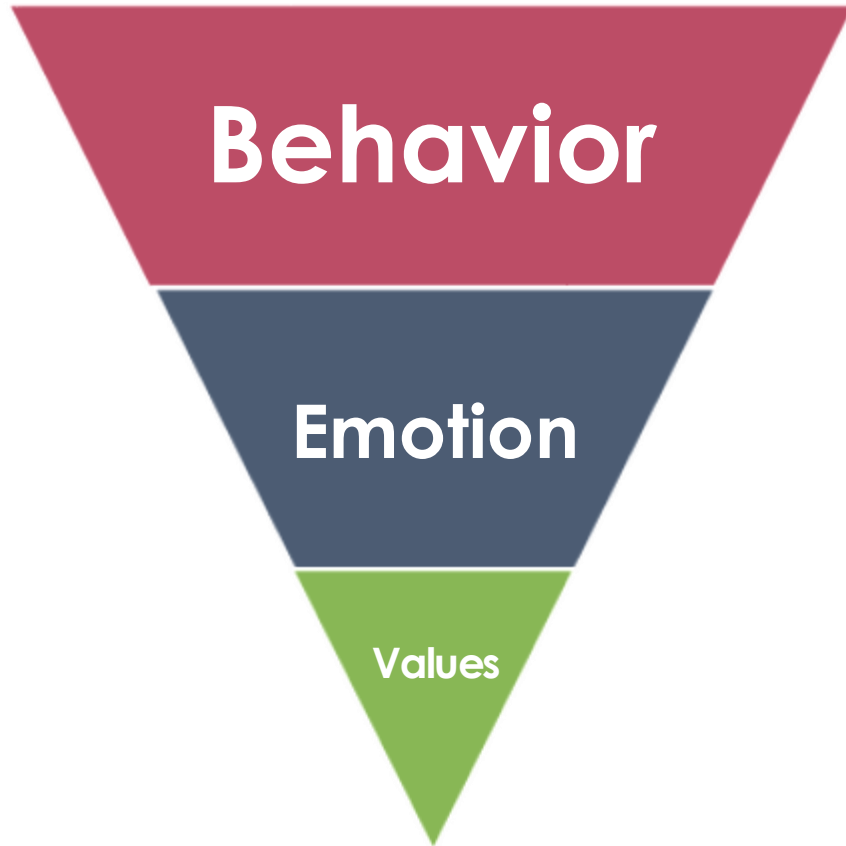
CHANGE ENERGY



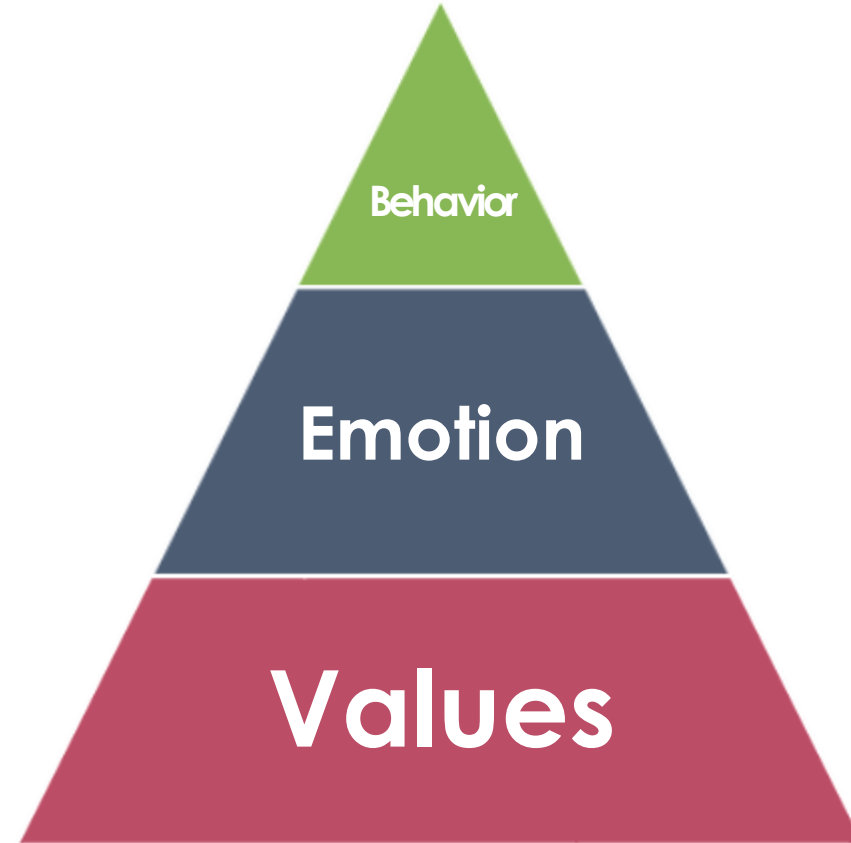
- “I don’t want _____”
- Baggage-based
- Avoiding

- “I want _____”
- Goal/vision/purpose-based
- Pursuing

THE VALUES PYRAMID

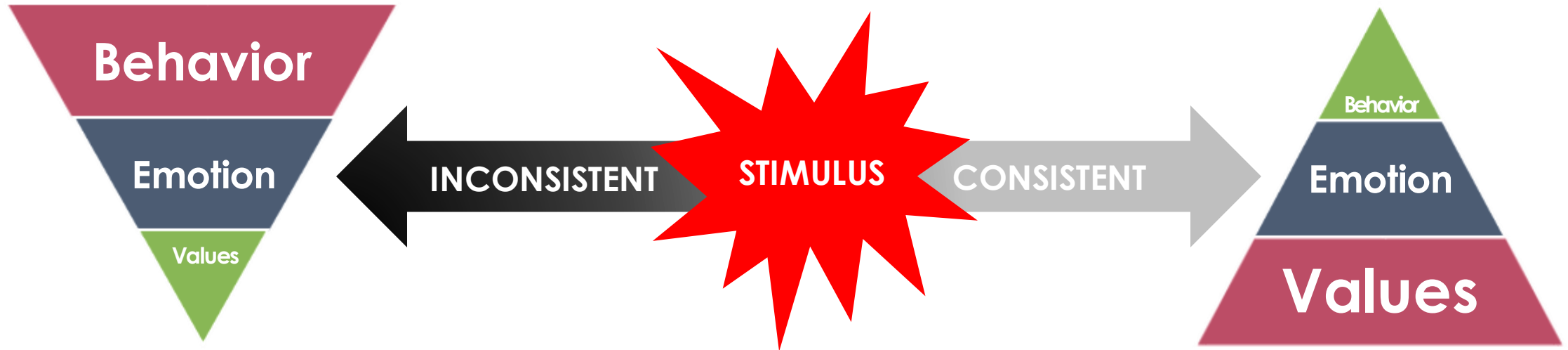


INCONSISTENT STATE



CONSISTENT STATE

LIVING YOUR VALUES



- Under stress, tension
- Wrong role
- Misaligned purpose/values
- Fears and Insecurities
- Behaviors become focus

- “At your best”
- Purpose/values are aligned
- Passion and emotion
- Behaviors make sense
- Values drive behaviors

Taking Action:

Putting your Values into Action

- What changes and actions do you want to make to live with more passion and energy?
- Write out 1-2 action steps you will take to improve in this area of your life based on what you value.

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**Thank you for
joining us!**