

nurturing potential



Session: '8 Values to Make Life a Little Easier'

Pre-session Preparation

Copies of worksheets

Exercise Cards

Flip chart pads & pens

Learning Objective

Understanding the relevance of the eight values of Listening, Availability, Tolerate, Adjust, Judgement, Decision Making, Responsibility, Co-operation, what they are, and how to develop them in order to achieve your life of purpose.

Two minute recap of last session.

Hand out '8 Values' Session worksheet for reference plus blank worksheet

Ask children to write their name, date, and session number on the top of the sheet

Start the Session.

Divide class into smaller work group's approx 4-5 per group. Select one person from each group as group leader (taking responsibility) and take to one side. Explain that each group is to discuss the question on the cards, right their ideas on the flip chart and present to class.

Hold the question cards face down and ask them to select one. If there are not enough for 3 groups each double up on groups answer the same questions (have more than one set of cards), responses are useful for comparison and discussion.

Timing : 20-30 minutes to prepare answers. 5 minutes to present to class.
(Timing will depend upon total length of session – normally 45 – 60 minutes.)

Question 1: Give examples of how you can practice the values of; Listening, Availability and Tolerance. Explain how you will use these values in your life.

Question 2: Give examples of how you can practice the values of; Adjusting/Flexibility, Judgement and Decision Making? Explain how you will use these values in your life.

Question 3: Give examples of how you can practice the values of; Responsibility, Co-operation and Listening. Explain how you will use these values in your life.

NOTE TO COACH: POSITIVE DISCRIMINATION NEEDS TO BE DISCUSSED CAREFULLY DUE TO THE NEGATIVE CONATATIONS 'DISCRIMINATION' MAY HAVE. IT IS BETTER TO REFER TO PREJUDICE IN THIS CONTEXT (pre-judgement).

Relaxation – Last 5 minutes

Close session – thank participants for their time and contribution.

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Name:	Date:
Session Number:	Session Name: Eight Values

The power of **LISTENING**. In order to hear what someone is saying, it is important that you stand back and listen otherwise you will react, judge and assume what the other person is saying on the basis of first impressions. The real issue will become clouded. You require clear and accurate information. It helps if you value periods of quiet and reflection.

The power of **AVAILABILITY**. The requirement is to be 'present' whenever needed, i.e. to finish all other thoughts in order to be available to those around me. Availability means to be ready; able to start anything at any time, physically and mentally. If you are mentally occupied, you won't be available. This is the skill of a listener. This power is simply the ability to control your mind.

The power to **TOLERATE** is a form of strength, inner power. It is the ability to remain undisturbed while under pressure or even during times of chaos and turbulence. You have to accept both positive and negative feedback and respond with maturity and equanimity, to remain unaffected by both praise and criticism. As soon as you show intolerance, you lose the respect of those around you.

The power to **ACCOMMODATE** can also be referred to as **ADJUST**. Flexibility, the ability to adapt, is the strength that enables you to achieve goals. Flexibility is the ability to adjust to many different personalities and situations that you face. It needs humility to give way to others, to bend and adjust. Flexibility and strength go hand in hand. A flexible person can withstand the many changes that come our way, they go with the flow.

The power to **DISCRIMINATE**. The ability to understand right from wrong, truth from falsehood, reality from illusion, benefit from harm is critical. If through lack of discrimination, you make a faulty decision, the consequences can be far-reaching. This power requires an understanding of the laws and principles which govern the course of human life. The one with good discrimination will seldom make the same mistake twice.

The power to **JUDGE** can also be referred to as **DECISION MAKING**. To make effective decisions, it is necessary to select the most appropriate, relevant and timely solution. You don't judge people but you do judge their actions. You don't judge yourself but you do judge your thoughts, words and actions for quality and acceptance from others. For a right choice, you will need the willingness and courage to let go of other options.

The power of **RESPONSIBILITY**. Responsibility is not only for tasks but also for people. After making a decision you have to have the courage to see things as they are and accept the consequences of that decision. Inner stability is the sign of a responsible person. When your inner strength is restored then there are no problems, only opportunities to learn and grow, and there is no better time than the present.

The power to **CO-OPERATE** with others requires the practice of self respect, humility and equality towards those around you. It is the ability to give your attention, time, experience and knowledge for the benefit of others, while accepting, acknowledging and appreciating them, and unconditionally providing the encouragement to see them succeed.

8 Values



Discuss the following questions in your group, write your answers on the flip chart paper and your worksheets.
Select a speaker to present your answers to the rest of the class.

- 1) What is your understanding of the value of '**Listening**'?
- 2) What is your understanding of the value of '**Availability**'?
- 3) What is your understanding of the value of '**Tolerate**'?

Explain how you will use these values in your life.

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8 Values



Discuss the following questions in your group, write your answers on the flip chart paper and your worksheets.
Select a speaker to present your answers to the rest of the class.

- 4) What is your understanding of the value of '**Adjusting/Flexibility**'?
- 5) What is your understanding of the value of '**Judgement**'?
- 6) What is your understanding of the value of '**Decision Making**'?

Explain how you will use these values in your life.

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8 Values



Discuss the following questions in your group, write your answers on the flip chart paper and your worksheets.
Select a speaker to present your answers to the rest of the class.

- 7) What is your understanding of the value of '**Responsibility**'?
- 8) What is your understanding of the value of '**Co-operation**'?
- 9) What is your understanding of the value of '**Discriminating**'?

Explain how you will use these values in your life.

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8 Values



Discuss the following questions in your group, write your answers on the flip chart paper and your worksheets.
Select a speaker to present your answers to the rest of the class.

- 10) What is your understanding of the value of '**Listening**'?
- 11) What is your understanding of the value of '**Availability**'?
- 12) What is your understanding of the value of '**Tolerate**'?

Explain how you will use these values in your life.

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