ethiEffects

Influence. Impact. Integrity.

Welcome

Wellness Weekend

COPYRIGHT 2016 ETHIEFFECTS, LLC

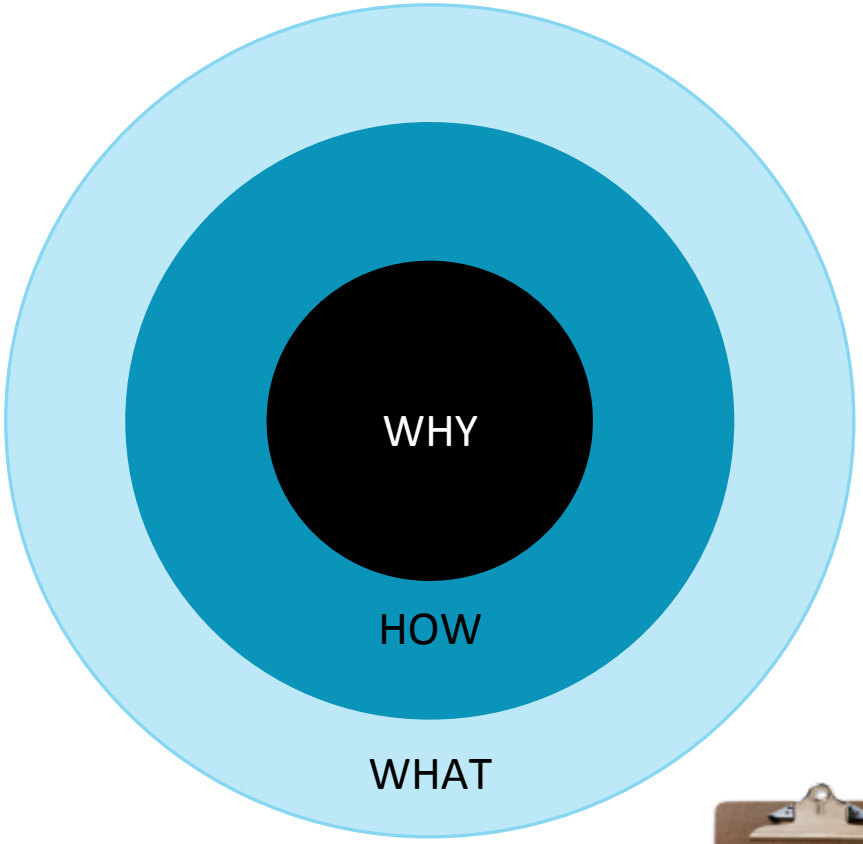
VALUES ARE CORE BELIEFS THAT GUIDE AND MOTIVATE ATTITUDES AND ACTIONS

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Our Values

- Values are our WHY
- Guide WHAT we do
- Determine HOW we feel



Constant and Mostly Unchanging

COPYRIGHT 2016 ETHIEFFECTS, LLC

Discovery Exercise: A Magical Weekend

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Learn More

Active Listening

Some ways to continue

What is it about … that …?

When you mentioned … where …?

How do you envision … ?

Avoid Why

Judgment or Challenge

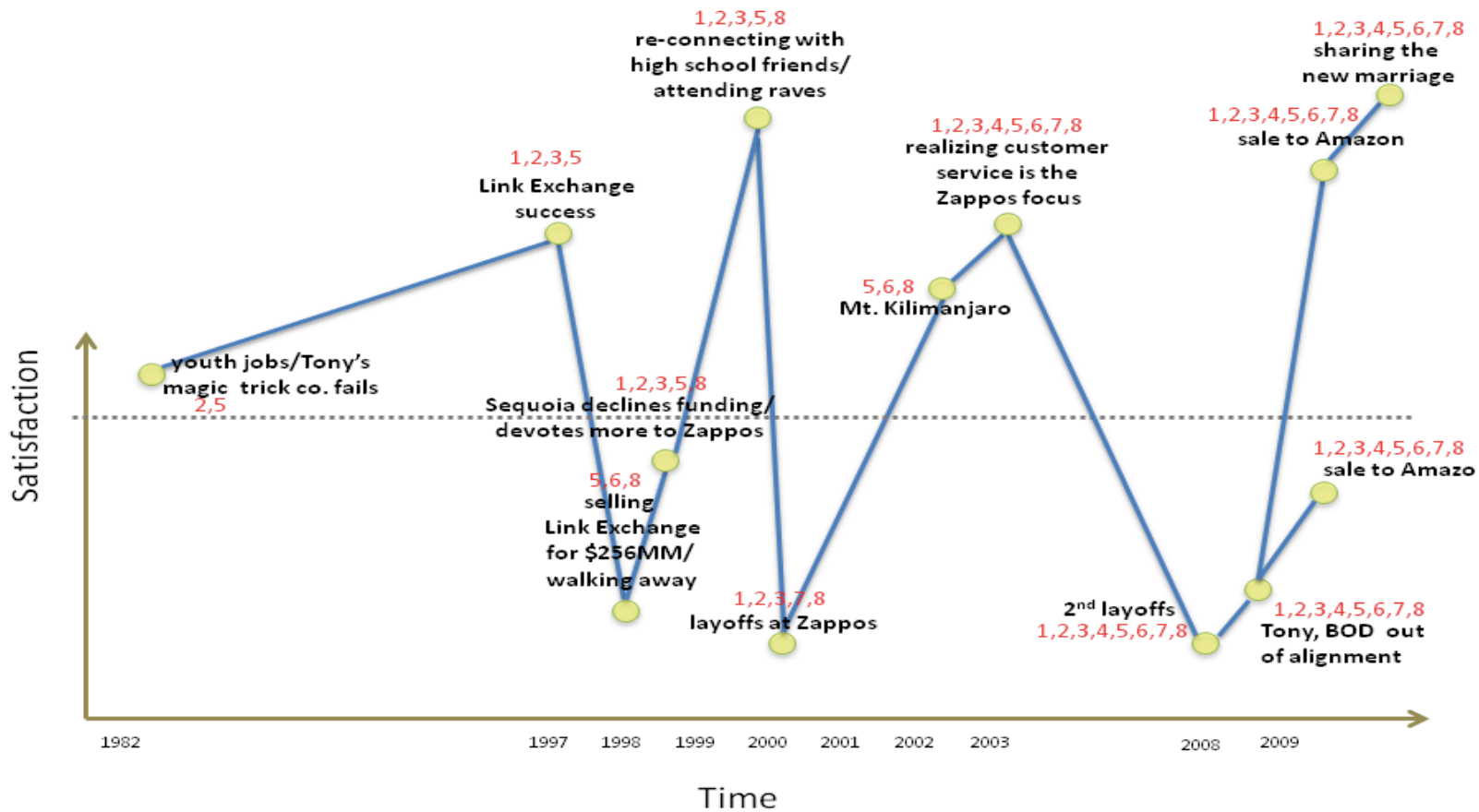
Discovery Exercise: Peaks and Valleys

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

ZAPPO'S FOUNDER, TONY HSIEH

Tony's Mountains and Valleys



COPYRIGHT 2016 ETHIEFFECTS, LLC

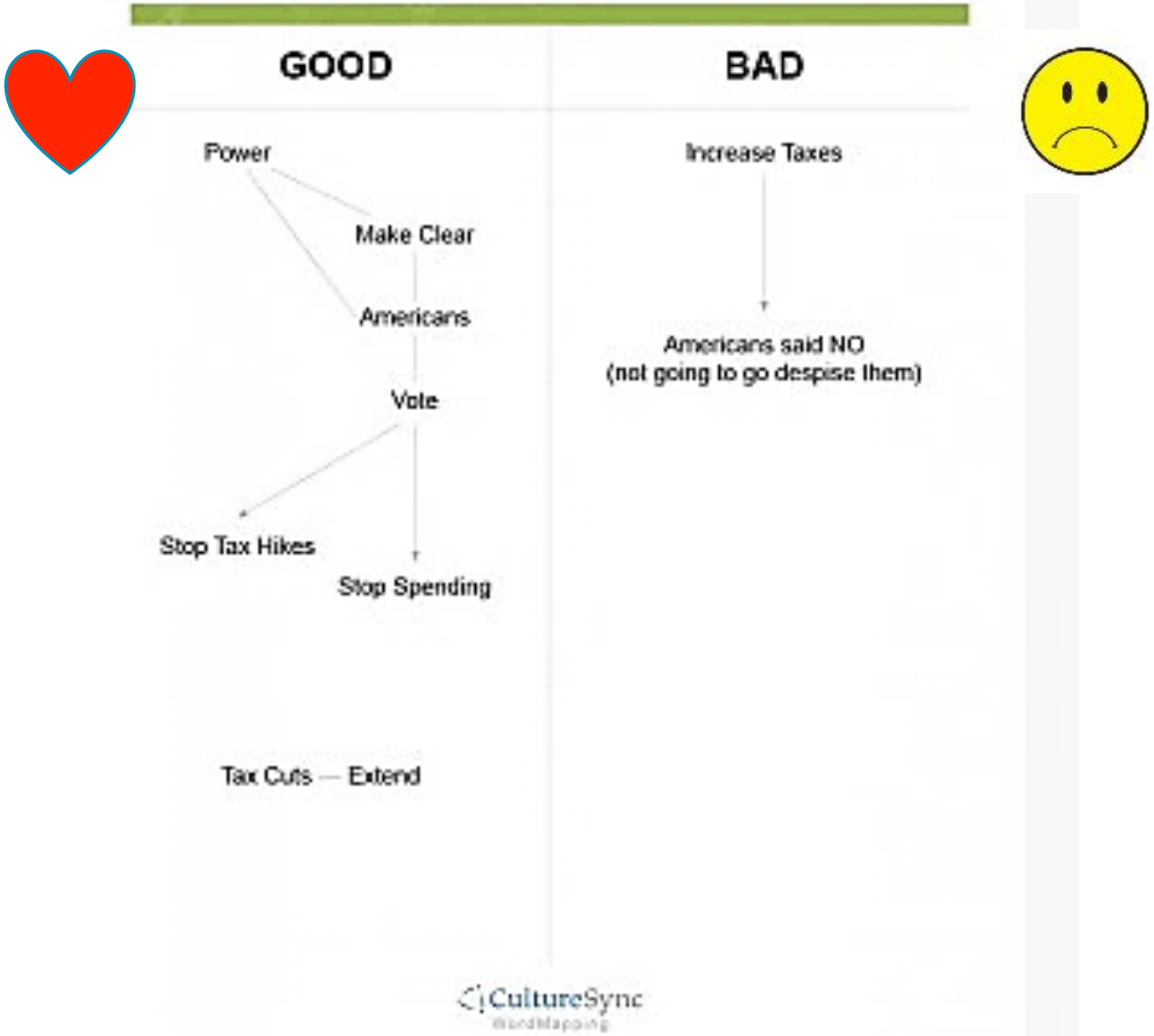
Discovery Exercise: Journal Word Mapping

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Journal

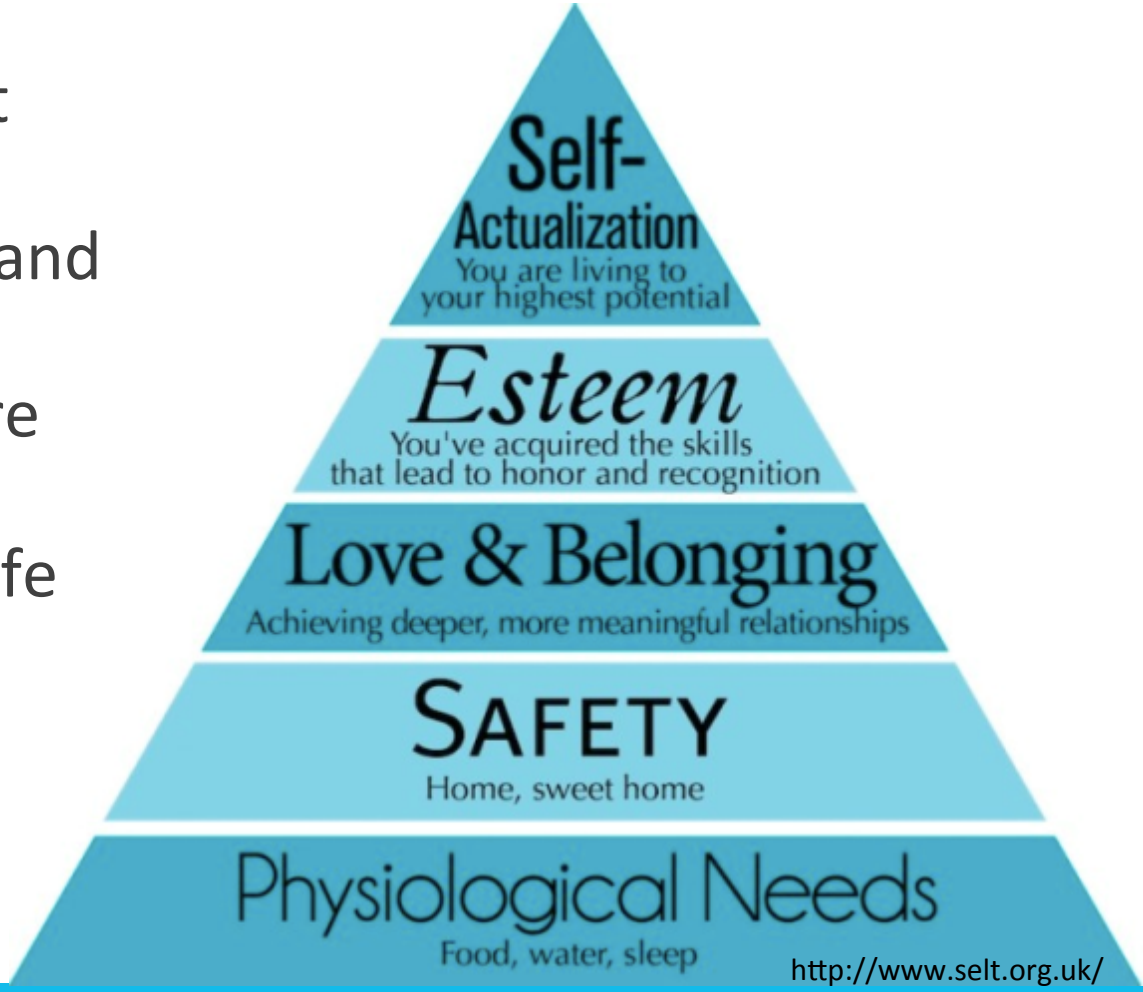
Word Map



COPYRIGHT 2016 ETHIEFFECTS, LLC

VALUES HIERARCHY

1. Core – You can't live without
2. Nurture – Feed and sustain you
3. Resonate – Share with Others
4. Thrive – Living life to fullest



http://www.selt.org.uk/

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

RIVAL & RESONATE VALUES

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Wellness

Values

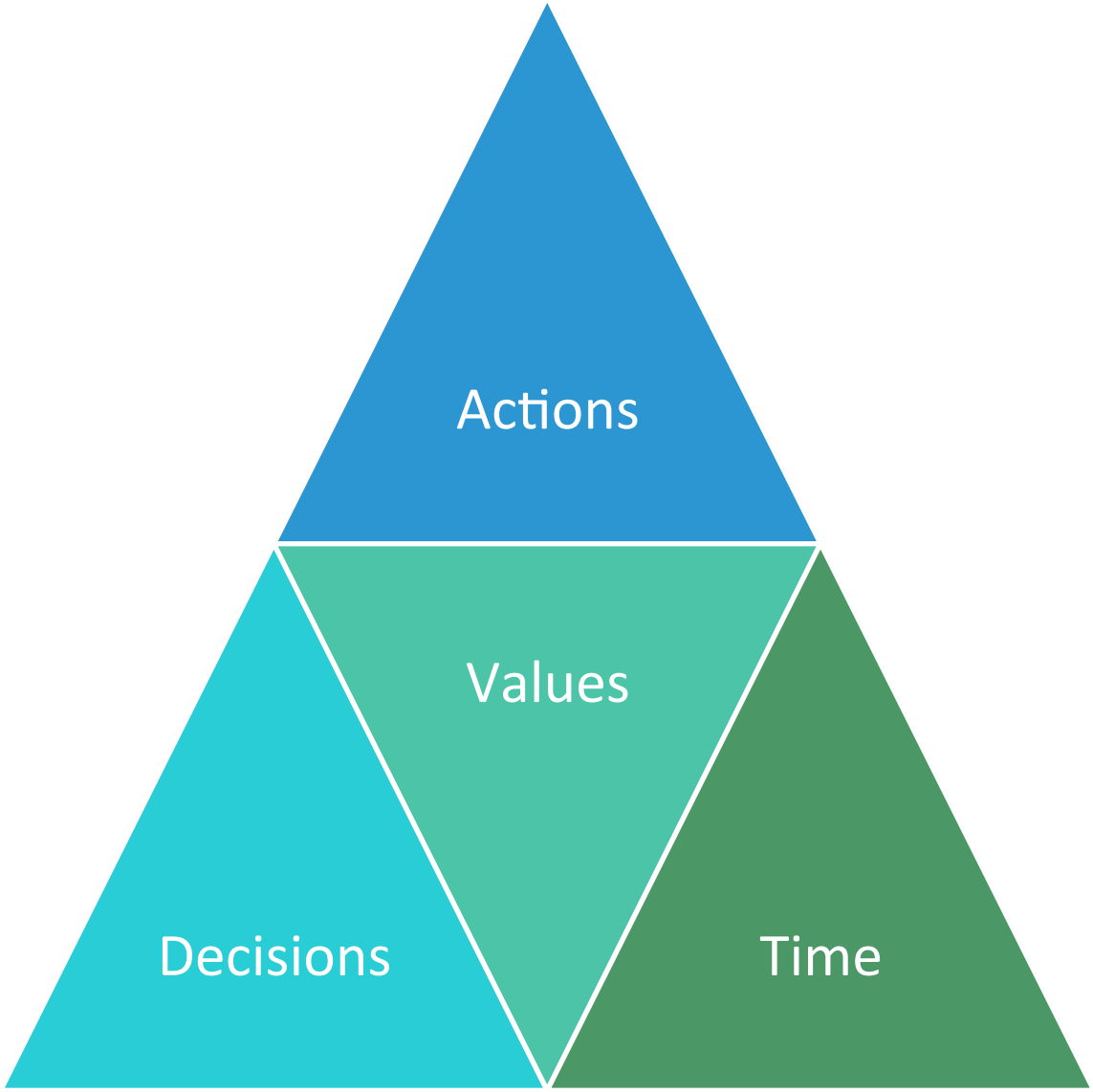
Wellbeing comes when our daily actions are in alignment with our values.

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Wellness

Values



COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

FINDING FOCUS

	Can Not Change	Can Change
Denial /Opposition	Resentment	Hopelessness
Acceptance	Peace	Drive

COPYRIGHT 2016 ETHIEFFECTS, LLC

Decisions, Time, Values

1. Do I have an obligation?
2. Do I have control to change it?
3. Will it matter in 10 minutes, 10 months, 10 years?
4. Is it aligned with my values?

COPYRIGHT 2016 ETHIEFFECTS, LLC

Values Mapping Cards

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

Take One Step

PERMISSION SLIP NOT REQUIRED

COPYRIGHT 2016 ETHIEFFECTS, LLC

ethiEffects

STAY CONNECTED

Sally Anlin

414-322-5071

Sally@ethiEffects.com

COPYRIGHT 2016 ETHIEFFECTS, LLC