

# LESSON 2

## STUDENT WORKSHEET

### 1. WHAT ARE VALUES?

Write down your own definition of what you think values are:

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### 2. DISCOVERING YOUR VALUES

Below are some scenarios which will help you to identify your work values. Discuss in pairs or small groups which workplace scenario is:

- Most attractive to you and why?
- Two things you like and dislike about each scenario?

#### SCENARIO ONE

At work, I am part of a busy team. I am constantly challenged and feel exhausted from using my brain all day – which I love. I get opportunities to speak in front of a group and work on shared projects and the whole environment is high energy. I get lots of coaching and mentoring so I know what I need to do to improve.

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Like

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Dislike

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#### SCENARIO TWO

At work I use my hands all day. I love being outdoors. Most of my job happens outdoors and I often work alone. I check in with my boss in the morning and then I'm left to complete some tasks independently before we regroup at lunch. Usually I work with my boss or supervisor on a shared task in the afternoon. I love this type of manual work, I couldn't live without it.

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Like

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### SCENARIO THREE

At work, I spend most of the time working alone. I know what is expected of me and I complete my work with little contact from anyone else. Once a week I meet with my manager who gives me my tasks and then I complete it. I can take breaks whenever I want to, as long as I get my work done. How I spend my time is up to me.

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#### Like

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#### Dislike

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### 3. OWN VALUES

What are three things that are most important to you when it comes to work? Think about the three things you will value most about a future workplace.

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