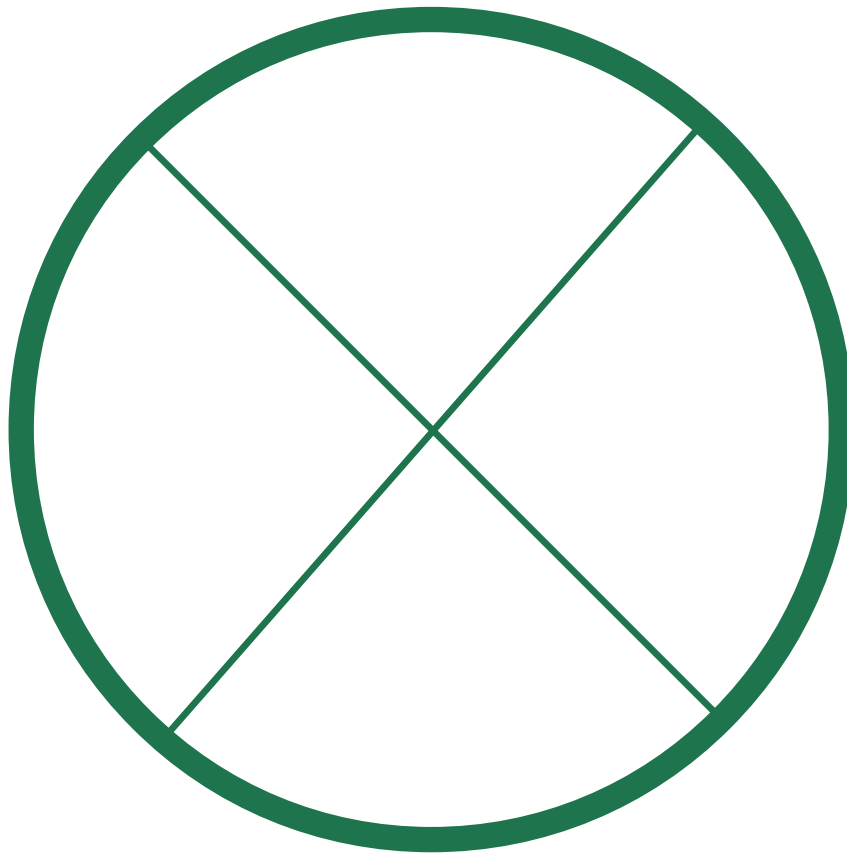
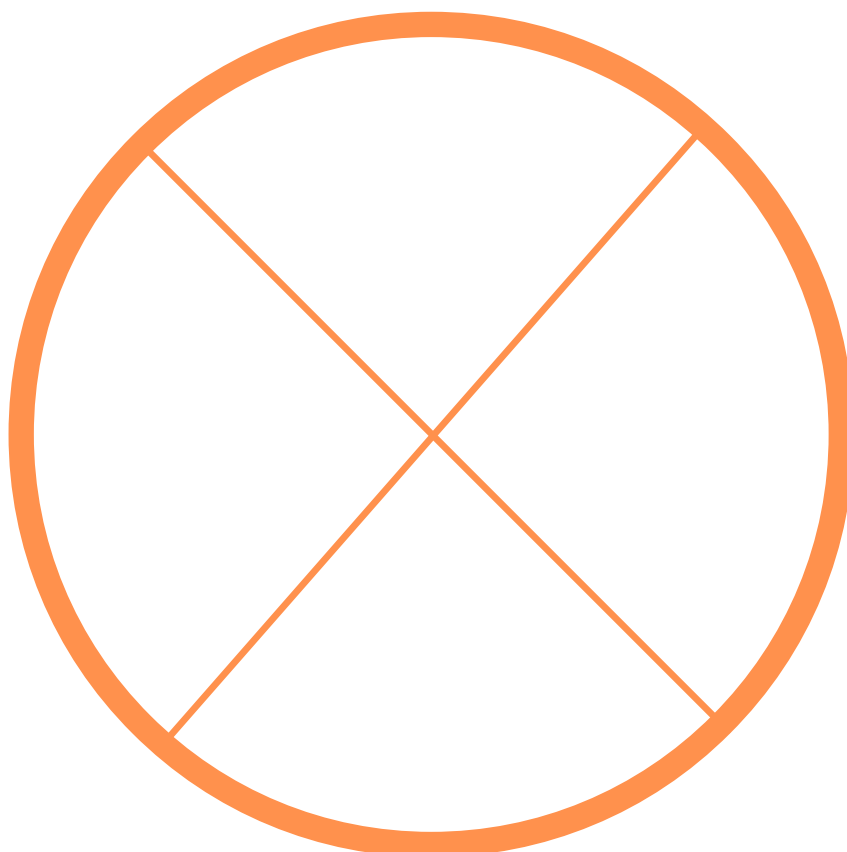


Building your value pie : start with the filling

From the values provided, choose **4** of the most important values to your work.
Place those in the green pie



Now write the opposite value in the orange pie
(eg., green pie : honesty, orange pie : dishonesty)



Values

Find someone with a similar value from your green pie and chat about the questions below:

1. Why is this value important to your work?

2. How do you apply this in your work?

3. Can you think of a time when you used that value in your work?

Reflective questions

1. What sort of things do you need to do to keep connected to your values?

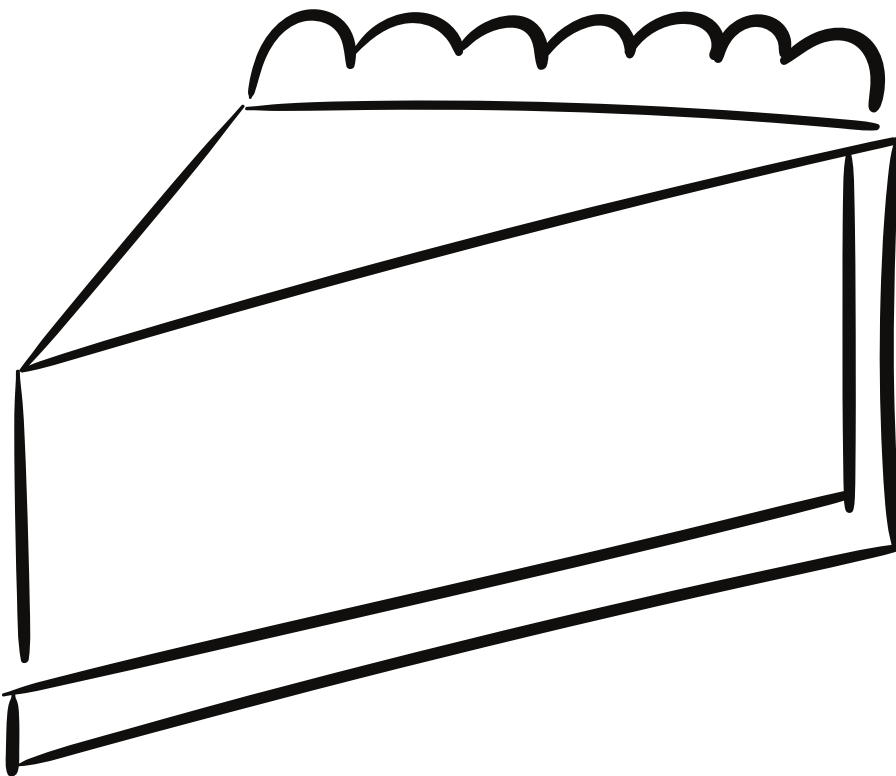
2. What gets in the way of these values?

3. When we are acting in the opposite way to our values (orange pie), what needs to change?

Let's build our pie!

Crust at the top: this is you, your personality and how you deliver your values to the people you work with

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Sides: supporters in helping you stay connected to your values (people or sayings)

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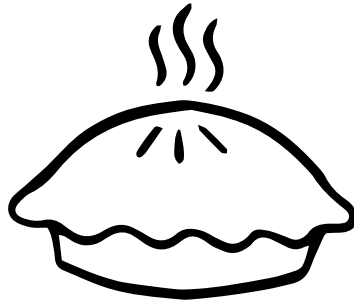
Base: the skills that support your values/actions and things you do that support values

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Explore and discuss

How will you use this wellbeing pie in your everyday work?

Take your pie home and share it with others!



How will you use your understanding of well-being to connect with others about their well-being?