

DEVELOP DIRECTION:

Set effective goals based on an intense examination of values

(2 day course with 4,192 PowerPoint slides)



Happier
Horizons

HOW DOES THIS COURSE HELP YOU DETERMINE YOUR MOST CHERISHED VALUES AND SET GOALS BASED ON THEM?

Significant environmental changes (e.g., becoming unemployed) are likely to catalyze changes in your values. However, you don't need to be a passive product of your environment or a mere reflection of your society. You can become who you want to be. This course focuses on determining your most cherished values, creating highly effective goals based on these values, and 15 Values/Goals Tasks to help you achieve your dreams. Hence, you'll discuss 20 values (responsible, passion, tolerance, pride, decency, support, freedom, restraint, creativity, beauty, loving, caring, privacy, sharing, humanity, status, re-education, perseverance, respect, fairness) after pondering eye-opening case studies (e.g., Redux Beverages, Alan Greenspan, Michael Richards, Barry Baltimore, Abu Ghraib prison, Rodney Hulin, YMCA Camp U-Nah-Li-Ya, slavery today, Gordon Gekko, Barry Bremen, industrial and citizen pollution, Agnes Bojaxhin, Stephen Schwartz, John Q., the paparazzi, the Patriot Act, copyleft, Ubuntu, Craigslist, Flossenburg concentration camp, William Kamkwamba, garbage, illegally parked cars, and Guantanamo Bay detention center). Next, you will discuss the key points of the 20 values with suggestions from Cesar Chavez, Martin Luther King Jr., Robert Rhoads, and Pastor Niemoller. Then you will determine your most cherished values, define them, explain why they are important, discuss two preliminary goal-setting questions, and write your goals using eight goal-setting guidelines. You can then finish the 15 Values/Goals Tasks and add your values and goals to the 5-minute Thriving Habit.

10 COURSE OUTCOMES:

By the end of this 2-day course you will:

- Completely understand how to perform all 15 Values/Goals Tasks,
- Know what values are, why they're important, and how they direct your behaviour,
- Have examined 20 values in substantial detail,
- Have prioritised your values (including terminal and instrumental values),
- Have thought more seriously about what you want to do with your life,
- Have questioned whether you should impose your values on others,
- Have begun writing definitions of your most cherished values,
- Have begun writing explanations as to why your values are important to you,
- Have learnt 2 preliminary goal-setting questions and 8 goal-setting principles, and
- Know how to combine your values, value definitions, and goals with the Thriving Habit.

15 VALUES/GOALS TASKS: 20 VALUES EXAMINED IN DEPTH:

15 Values/Goals Tasks:

1. Determine your most important terminal values
2. Determine your most important instrumental values
3. Determine the order of your most important values
4. Write your value definitions
5. Write why your values are important to you
6. Find quotes focusing on your most important values
7. Write your long-term goals
8. Ensure your goals are important (& difficult but realistic)
9. Ensure you are committed to your goals
10. Write your short-term &/or medium-term goals
11. Determine where you will place your written values/goals
12. Determine who you will tell your values and goals
13. Determine dates you will assess your goal progress
14. Determine who can give you goal progress feedback
15. Determine dates you will receive goal progress feedback

20 values examined in depth:

Beauty	Loving	Responsible
Caring	Passion	Restraint
Creativity	Perseverance	Sharing
Decency	Pride	Status
Fairness	Privacy	Support
Freedom	Re-education	Tolerance
Humanity	Respect	

Some case studies examined:

Abu Ghraib Prison	Flossenburg C. Camp
Angola Prison Rodeo	Gordon Gekko/Wall Street
Barry Baltimore's bench	Guantanamo Bay D. Camp
Bergdorf Goodman/Prada	Michael Richards/"Nigger"
Copyleft	Redux Beverages/Cocaine
Desmond Tutu and Ubuntu	The PATRIOT Act

DAY 1**9:00AM - 9:10AM****SESSION 1: WHY IS DEVELOPING DIRECTION IMPORTANT?**

- 3 mins - Key point of course
- 1 mins - Course overview
- 1 mins - 10 course outcomes
- 1 mins - Logistical information
- 4 mins - 5 + 1 questions

9:10AM - 10:10AM**SESSION 2: VALUES SHAPE WHO YOU WILL BECOME**

- 7 mins - Do you have a clear image of what you want?
- 14 mins - Does your life have meaning?
- 9 mins - Should you impose your values on others?
- 11 mins - What are values?
- 7 mins - Why are values important?
- 4 mins - Should your life purpose be aligned with your values and passion?
- 8 mins - Being a "good person" is an ineffective value because it doesn't hold you accountable

10:10AM - 10:30AM*Break***10:30AM - 11:40AM****SESSION 3: TERMINAL VALUES**

- 18 mins - Milton Rokeach's 18 terminal values
- 11 mins - 1968 to 1971 terminal value changes
- 13 mins - Terminal values differ in some segments of society
- 9 mins - Australian's terminal values
- 6 mins - September 11's effect on terminal values
- 4 mins - Terminal values in Ghana (West Africa)
- 9 mins - Your commemorative inscription

11:40AM - 12:00PM*Break***12:00PM - 1:00PM****SESSION 4: INSTRUMENTAL VALUES**

- 12 mins - How you live your life and your statue
- 10 mins - Milton Rokeach's 18 instrumental values
- 16 mins - 1968 to 1971 instrumental value changes
- 12 mins - Instrumental values differ in some segments of society
- 4 mins - Australia and China's instrumental values
- 6 mins - September 11's effect on instrumental values

1:00PM - 2:00PM*Lunch***2:00PM - 2:30PM****SESSION 5: VALUES AND CULTURE**

- 10 mins - Rokeach's values may be problematic for you
- 20 mins - Your culture has a big impact on your values (Case study: Saudi Arabia)

2:30PM - 2:40PM*Mini-Break***2:40PM - 4:10PM****SESSION 6: EXAMINE VALUES THOROUGHLY: RESPONSIBLE, PASSION, TOLERANCE, PRIDE, DECENCY, AND SUPPORT**

- 10 mins - Should you know your organisation's values?
- 6 mins - Do you need to reprioritise your values?
- 6 mins - 20 Values Worksheet
- 7 mins - Do you cherish the value responsible?
- 8 mins - Do you cherish the value passion?
- 11 mins - Do you cherish the value tolerance?
- 5 mins - Do you cherish the value pride?
- 26 mins - Do you cherish the value decency?
- 11 mins - Do you cherish the value support?

4:10PM - 4:30PM*Break***4:30PM - 5:00PM****SESSION 7: TECHNIQUES TO QUESTION VALUES**

- 17 mins - Gang member "Monster" Kody Scott's values
- 3 mins - Individuals can reprioritise their values
- 4 mins - www.valuesparenting.com approach to values
- 6 mins - Martin Herbert's approach to values

DAY 2**9:00AM - 10:00AM****SESSION 1: FOCUS ON VALUES COMPREHENSIVELY: FREEDOM, RESTRAINT, CREATIVITY, AND BEAUTY**

- 11 mins - Key point of yesterday's information
- 13 mins - Do you cherish the value freedom?
- 13 mins - Do you cherish the value restraint?
- 9 mins - Do you cherish the value creativity?
- 14 mins - Do you cherish the value beauty?

10:00AM-10:20AM*Break***10:20AM - 11:30AM****SESSION 2: CONDUCT A DETAILED APPRAISAL OF VALUES: LOVING, CARING, PRIVACY, SHARING, AND HUMANITY**

- 7 mins - Let's build
- 20 mins - Do you cherish the value loving?
- 13 mins - Do you cherish the value caring?
- 10 mins - Do you cherish the value privacy?
- 7 mins - Do you cherish the value sharing?
- 13 mins - Do you cherish the value humanity?

11:30AM-11:50AM*Break***11:50AM - 1:00PM****SESSION 3: CONSIDER VALUES SINCERELY: STATUS, RE-EDUCATION, PERSISTENCE, RESPECT, AND FAIRNESS**

- 8 mins - Values develop from life experiences
- 5 mins - Emelita's and Irene's values
- 10 mins - Do you cherish the value status?
- 10 mins - Do you cherish the value re-education?
- 7 mins - Do you cherish the value perseverance?
- 9 mins - Do you cherish the value respect?
- 13 mins - Do you cherish the value fairness?
- 8 mins - Summing up the 20 values

1:00PM - 2:00PM*Lunch***2:00PM - 3:10PM****SESSION 4: PRIORITISE YOUR VALUES**

- 4 mins - Being aware of your values has benefits
- 5 mins - What are all the things you regret?
- 10 mins - 5 happiness exercises and the Integrity Mirror
- 6 mins - 4 sentences spoken at your funeral
- 5 mins - Your tombstone words
- 6 mins - Newspaper tribute about you
- 2 mins - Prioritising your values can be painful
- 32 mins - 6 important values tasks

3:10PM - 3:30PM*Break***3:30PM - 4:30PM****SESSION 5: CREATE EFFECTIVE GOALS BASED ON CHERISHED VALUES**

- 8 mins - Research evidence supporting goal-setting
- 8 mins - Create effective goals to become your dream
- 3 mins - Goal importance and difficulty
- 8 mins - We are capable of so much when we really try
- 6 mins - Honest commitment to goals
- 21 mins - 8 goal-setting principles
- 6 mins - You can take goal-setting further!

4:30PM - 4:40PM*Mini-Break***4:40PM - 5:00PM****SESSION 6: BY DEVELOPING DIRECTION YOU CAN BECOME YOUR DREAM**

- 6 mins - Reminder of what we have covered
- 5 mins - Use your values and goals with the Thriving Habit
- 4 mins - Your remaining private tasks
- 5 mins - 3 questions