

## CORNERSTONE 2022 RESOURCE

### Living Out Our Values Day by Day *Supervisor Elective*

<b>AUTHOR(S):</b>	Sarra Alpert
<b>SUMMARY:</b>	In this session we will: learn how we can approach our decisions through the prism of our core values in ways that help to complicate our thinking, consider perspectives outside our comfort zones, resist complacency and be our best selves.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel...</p> <ul style="list-style-type: none"> <li>• Empowered to make more decisions with intention</li> <li>• Clarity on what some of their core values are</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Make more values-driven decisions more easily</li> <li>• Problem-solve more effectively with values held centrally</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• A new set of steps for identifying a values-based decision moment and how to move through it with intention</li> <li>• Which core values they already hold and want to act on more consistently</li> <li>• Which core values they want to push themselves to struggle with more</li> </ul>
<b>AUDIENCE:</b>	This session will be for Cornerstone supervisors but could work in any adult educational environment.
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	None
<b>MATERIALS NEEDED:</b>	Paper and pens
<b>SET-UP DETAILS:</b>	No particular space needs

### SESSION TIMELINE

- 00:00-00:15 – Introductions (with prompt/activity), setting group norms and program goals
- 00:15-00:25 – Group process for generating examples
- 00:25-00:35 – Presentation of pre-prepped example and resulting system
- 00:35-00:40 – Group discussion of one group-generated example
- 00:40-00:55 – Small group work on other group-generated examples
- 00:55-1:05 – Personal journaling and goal-setting
- 1:05-1:15 – Closing activity

### SESSION OUTLINE:

- 00:00-00:15
  - Brief introductory exercise: close your eyes and start to envision an average day starting from the moment you wake up. Raise your hand as soon as you've hit a moment when a relevant choice point -- i.e. a situation where you have more than one option for what you do or how you handle something.
  - Introductions, including sharing the choice point moment you just identified.
  - Take a few moments to set up a few group norms and program goals. In particular, frame the idea of using ezer knegdo as a guide here – the best way we can help each other (and ourselves) in this process will involve some degree of supportive pushing.
- 00:15-00:25 – Group process for generating examples
  - Return to the earlier exercise and keep going – ask everyone to continue moving through their day, this time writing down other examples that come to mind of choice-point moments.
  - Take some time for folks to share a few more.
  - Introduce concept of Koach moments – moments when there is power at play in what you decide and also where you want to act from your most powerful and intentional place.
- 00:25-00:35 – Presentation of pre-prepped example and resulting system
  - Walk everyone through an example from the facilitator's life of a Koach system
  - Offer a set of steps that can become a shorthand for this kind of process
- 00:35-00:40 – Group discussion of one group-generated example
  - Using the steps, go through a second example, this time generated by someone from the group
- 00:40-00:55 – Small group work on other group-generated examples
  - Split into groups of 3 and spend 5 minutes each on one example for each person
- 00:55-1:05 – Personal journaling and goal-setting
  - Time for everyone to do some individual reflection work, using a series of questions, to: identify core values, identify which are already strong and can therefore be deployed more often and easily, identify which need more learning/etc, which are potentially in tension etc, and also to set some goals in each of those areas.
- 1:05-1:15 – Closing activity



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- We'll match some core camp values to camp Koach moments that come up regularly.

**BRINGING IT TO YOUR CAMP: N/A**