

# MINDWELL

## Session #3 Leading with Values & Purpose

**Mindful Posture** - for better digestion, breathing and energy circulation! Energy is the fuel for resiliency!

**"The meaning of life is to find your gift. The purpose of life is to give it away!" -Paulo Picasso**

### The Importance of Values - they point to:

- What truly matters,
- Guide our decisions,
- Can illuminate our purpose
- Give us drive and energy

**"Values are energetic drivers of our aspirations and intentions" - Richard Barrett**

**Results Triangle** - an invitation to be aware of all the influences that lead to desired outcomes. Identifying our deeply held values, stepping into our purpose, aligning our beliefs and taking concrete action with a positive attitude.



### Personal Values Assessment & Barrett Model:

- Maps values and points to your primary level of consciousness and motivation (where you have the most dots)
- Outlines stages of consciousness and fears associated with the bottom three levels. When fears are overcome, we can transform from self interest to collaborating and contributing to the greater good - finding and living our purpose.
- The model can be used for individuals, leaders, companies, communities & countries.

### Canadian values assessment and report:

[https://www.royalroads.ca/sites/default/files/tiny\\_files/NVAReport\\_Dec\\_7\\_Final.pdf](https://www.royalroads.ca/sites/default/files/tiny_files/NVAReport_Dec_7_Final.pdf)

### National Values Assessment for Canada & other countries:

[https://myctt.valuescentre.com/sites/default/files/assessment/nva\\_6\\_2016\\_final.pdf](https://myctt.valuescentre.com/sites/default/files/assessment/nva_6_2016_final.pdf)

### Canada's ranking on its level of Global Consciousness (we rank 12th):

<https://www.barrettacademy.com/gci-tables-2019>

### Basic Model:



### Leadership Model:

#### Seven Levels of Leadership



***Without courage values are simply intentions. With courage values come alive and you step more fully into your authentic power.***

