



Core Values & Belief Statements

1. COMPASSION
I am genuinely concerned about other people and their needs. I am able to suspend judgement and appreciate others' perspectives and/or situations when they differ from my own. I act with kindness, consideration and empathy.

EMPATHY
COMPASSIONATE
COMPASSION

2. HUMILITY
I am sincere and honest. I act with modesty. I am accountable for my actions and own up to my mistakes. I am still teachable regardless of how much I already know.

affirmation
listen
humility
audience?

3. FLEXIBILITY
I embrace change. I am driven by continuous improvement. I am highly adaptable. I am able to think outside of the box while keeping the big picture in mind.

AGILITY
RESPONSIVENESS
ADAPTIVENESS
FLEXIBILITY

4. RISK TAKING
I am brave. I am an innovator looking for ways to break the mold. I take initiative. I find my voice and speak out. I view mistakes and failures as opportunities for learning and growth.

Courage
Brave

6. COLLABORATION
I work well with others. I am able to listen to others' perspectives and appreciate their strengths. I am able to work effectively with others to achieve common goals.

8. RESPECT
I value the differences of others. I am able to listen to others' perspectives and appreciate their strengths. I am able to work effectively with others to achieve common goals.

10. PERSEVERANCE
I welcome challenges. I strive to overcome obstacles. I appreciate determination and hard work. I enjoy problem solving. I look for ways to improve and never give up. I am strong and resilient.

COMEBACK

5. INTEGRITY
I am honest and ethical. I am able to stand up for my beliefs and values. I am able to take responsibility for my actions and decisions.

7. POSITIVE ATTITUDE
I am optimistic and resilient. I am able to see the good in every situation. I am able to overcome challenges and setbacks.

9. TEAMWORK
I work well with others. I am able to listen to others' perspectives and appreciate their strengths. I am able to work effectively with others to achieve common goals.

Value	Definition	Example	Measurement
Integrity	Being honest and ethical.	Telling the truth, even when it is difficult.	360-degree feedback, self-reflection.
Respect	Valuing the differences of others.	Listening to others' perspectives and appreciating their strengths.	360-degree feedback, self-reflection.
Collaboration	Working well with others.	Listening to others' perspectives and appreciating their strengths.	360-degree feedback, self-reflection.
Teamwork	Working well with others.	Listening to others' perspectives and appreciating their strengths.	360-degree feedback, self-reflection.
Communication	Being able to express thoughts and feelings clearly.	Active listening, clear and concise communication.	360-degree feedback, self-reflection.
Empathy	Being able to understand and share the feelings of others.	Active listening, showing compassion.	360-degree feedback, self-reflection.
Compassion	Being genuinely concerned about other people and their needs.	Showing kindness, consideration and empathy.	360-degree feedback, self-reflection.
Humility	Being sincere and honest. Acting with modesty.	Being accountable for actions and owning up to mistakes.	360-degree feedback, self-reflection.
Flexibility	Embracing change and being driven by continuous improvement.	Being highly adaptable and able to think outside the box.	360-degree feedback, self-reflection.
Risk Taking	Being brave and an innovator looking for ways to break the mold.	Taking initiative, finding one's voice and speaking out.	360-degree feedback, self-reflection.
Perseverance	Welcoming challenges and striving to overcome obstacles.	Appreciating determination and hard work, enjoying problem solving.	360-degree feedback, self-reflection.



Core Values & Belief Statements

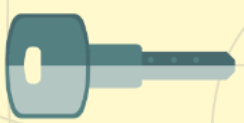
1. COMPASSION

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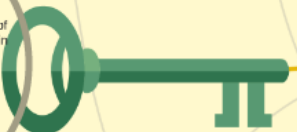
2. HUMILITY

I am sincere and honest. I act with modesty. I am accountable for my actions and own up to my mistakes. I am still teachable regardless of how much I already know.



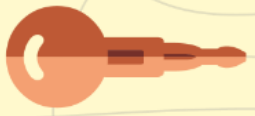
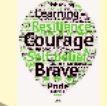
3. FLEXIBILITY

I embrace change. I am driven by continuous improvement. I am highly adaptable. I am able to think outside of the box while keeping the big picture in mind.



4. RISK TAKING

I am brave. I am an innovator looking for ways to break the mold. I take initiative. I find my voice and speak out. I view mistakes and failures as opportunities for learning and growth.



5. COLLABORATION



6. RESPECT



10. PERSEVERANCE

I welcome challenges. I strive to overcome obstacles. I appreciate determination and hard work. I enjoy problem solving. I look for ways to improve and never give up. I am strong and resilient.



7. INTEGRITY



8. TEAMWORK



9. POSITIVE ATTITUDE



Value	Definition	Example	Measurement
Compassion	Being genuinely concerned about other people and their needs.	Listening to a colleague's concerns and offering support.	360-degree feedback, self-reflection.
Humility	Being sincere and honest, acting with modesty, and being accountable for one's actions.	Admitting a mistake and taking responsibility for it.	Self-reflection, peer reviews.
Flexibility	Embracing change and being driven by continuous improvement.	Adapting to a new project or role.	Performance reviews, self-assessment.
Risk Taking	Being brave, innovative, and looking for ways to break the mold.	Initiating a new project or idea.	Self-reflection, peer reviews.

Values The following list of values applies to work and personal life. This is not an exhaustive list—you're welcome to add your own

Acceptance	Effectiveness	Imagination	Recognition
Achievement	Efficiency	Independence	Reflection
Adventure	Equality	Influence	Religion
Affection	Equity	Initiative	Respect
Altruism	Excellence	Integrity	Responsibility
Ambition	Excitement	Intuition	Results
Appreciation	Expertise	Interdependence	Reputation
Arts	Fame	Joy	Risk Taking
Authenticity	Fairness	Justice	Romance
Authority	Faith	Kindness	Self Expression
Autonomy	Family	Knowledge	Self-Respect
Balance	Flexibility	Leadership	Service
Beauty	Focus	Loyalty	Sharing
Belonging	Forgiveness	Making a Difference	Solitude
Caring	Freedom	Meaningful Work	Spirituality
Celebration	Friendship	Mindfulness	Success
Challenge	Fun	Nature	Support
Choice	Goals	Nurturing	Team Work
Collaboration	Gratitude	Order	Time
Commitment	Growth	Passion	Tolerance
Community	Happiness	Peace	Togetherness
Communication	Health	Personal Growth	Tradition
Compassion	Helping Others	Perseverance	Travel
Connection	High Expectations	Personal Development	Trust
Contribution	Honesty	Pleasure	Truth
Cooperation	Hope	Positive Attitude	Unity
Creativity	Humility	Pride	Variety
Democracy	Humor	Productivity	Zest

 = Personal

 = Professional

Elena Aguilar

every conversation counts

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2. HUMILITY

I am sincere and honest. I act with modesty. I am accountable for my actions and own up to my mistakes. I am still teachable regardless of how much I already know.

generosity
affirmation
encouragement
listen
humility
bridges
relationships
trust
audience
value

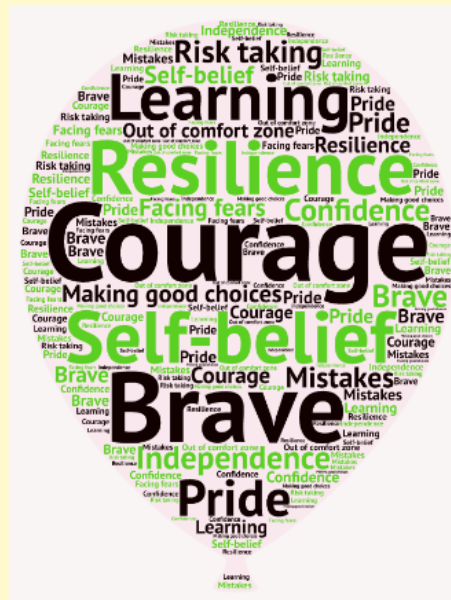
3. FLEXIBILITY

I embrace change. I am driven by continuous improvement. I am highly adaptable. I am able to think outside of the box while keeping the big picture in mind.



4. RISK TAKING

I am brave. I am an innovator looking for ways to break the mold. I take initiative. I find my voice and speak out. I view mistakes and failures as opportunities for learning and growth.



5. POSITIVE ATTITUDE

I choose to be optimistic and look on the bright side. I recognize that a positive attitude comes from within. My way of thinking can effect my reaction. I surround myself with positive people and strive to lift others up.



6. INTEGRITY

I am honest, fair and trustworthy. I have high standards and follow ethical principals. I have a strong moral compass. I honor my promises and commitments and always strive to do the right thing.



7. TEAM WORK

I work with others to achieve shared objectives and goals. I help and support my colleagues. I take time to learn from the skills and knowledge of others and welcome opportunities to share with others. I foster strong relationships and partnerships.



8. RESPECT

I am inclusive. I embrace diversity. I treat others with courtesy and dignity. I value each person as an individual and appreciate their contributions.



9. COLLABORATION

I work together with others by sharing time, resources and expertise. I appreciate what others bring to the table. I actively listen and ask questions. I welcome open and honest communication as well as constructive criticism, I understand that two heads are better than one.



10. PERSEVERANCE

I welcome challenges. I strive to overcome obstacles. I appreciate determination and hard work. I enjoy problem solving. I look for ways to improve and never give up. I am strong and resilient.



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1. COMPASSION
 I am genuinely concerned about other people and their needs. I am able to suspend judgement and appreciate others' perspectives and/or situations when they differ from my own. I act with kindness, consideration and empathy.

2. HUMILITY
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3. FLEXIBILITY
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4. RISK TAKING
 I am brave. I am an innovator looking for ways to break the mold. I take initiative. I find my voice and speak out. I view mistakes and failures as opportunities for learning and growth.

5. COLLABORATION
 I am able to work with others to achieve a common goal. I am open to new ideas and perspectives. I am a team player.

6. RESPECT
 I value the opinions and beliefs of others. I am open to different perspectives. I treat others with dignity and respect.

10. PERSEVERANCE
 I welcome challenges. I strive to overcome obstacles. I appreciate determination and hard work. I enjoy problem solving. I look for ways to improve and never give up. I am strong and resilient.

7. INTEGRITY
 I am honest and ethical. I do what I say. I am transparent. I take responsibility for my actions.

8. POSITIVE ATTITUDE
 I am optimistic. I see the good in every situation. I am resilient. I am a problem solver.

9. TEAMWORK
 I am a team player. I work well with others. I am supportive. I am a team player.

Value	Definition	Example	Measurement
Compassion
Humility
Flexibility
Risk Taking
Collaboration
Respect
Integrity
Positive Attitude
Teamwork

REFERENCES

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Thank you!