



VALUES

NEWCOMER WELLBEING WORKSHOP

This session focuses on exploring individual values and beliefs. Through drawing and reflection, participants gain a deeper understanding of their values, which can support decision-making and integration into a new community. The process also fosters autonomy, builds confidence, and strengthens personal identity.

Objectives

- Learn about personal values to inform decision making and enhance self-identity
- Share with others about using values for goal setting and relationship building
- Identify key personal values to better understand emotions

Audience

- Newcomers Any age
- Flexible English language ability
- Suitable for 1 - 50 people



SESSION OVERVIEW

<p>Welcome 5 min.</p>	<p>Welcome participants and conduct attendance. Participants are introduced to space space, facilitators, and each other. Refreshments served.</p>
<p>Group Guidelines 5 min.</p>	<p>Conduct group guidelines using “pictorial group guidelines” How can we create a safe, trusting, and secure space?</p> <ul style="list-style-type: none"> • Confidentiality, Respecting Identities, Boundaries and Communication, Try Something New, Ask Questions, Connect & Get support, Be Curious • Provide overview on mental health, mental wellbeing and mental health issues • Address potential misinformation or stigma about mental health
<p>Check-In Activity 10 min.</p>	<p>Hills & Valleys</p> <ul style="list-style-type: none"> • Invite each participant to draw the ups (hills) and downs (valleys) of their week • Participants to share their hills and valleys with the group.
<p>Learn 15 min.</p>	<p>Values are the beliefs and principles that are most important to you, and influence the ways that you live and interact with others.</p> <p>Importance of personal values:</p> <ul style="list-style-type: none"> • Guides our decision-making with a sense of ethics, self-respect, and integrity • Gives us satisfaction and confidence in decisions • Gives us a sense of purpose and ambition • Helps us envision long-term goals • Helps us manage stress and prioritize • Strengthens self-awareness • Boosts our confidence • Supports self-creation of identity • Helps us understand our interpersonal relationships <p>Impacts of values on our lives:</p> <ul style="list-style-type: none"> • Self Creation & Revision: Our values help us create an image of ourselves in our minds. What are the traits that make us who we are? What are the core values that determine how we lead our lives? • Relationships & Boundaries: Understanding our values helps us understand our wants and needs in our relationships. How do our values show up in our relationships? What is a boundary that is shaped by your values? • Goals & Life Direction: The vision we have for our future lives are shaped by our core values. They are integral to the goals we set and self-determination of our lives! What values do you want to nurture in your life?



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<p>Activity 15 min.</p>	<p>Before session: Print “Value Cards” template and place them around a table. Assortment of pre-filled value cards and blank value cards.</p> <p>During session</p> <p>1. Invite participants to select 3-5 value cards that reflect what is important to them. Use prompt questions to guide value selection:</p> <ul style="list-style-type: none">▪ What values do you see in yourself?▪ What values do you look for in friends? family?▪ What values guides my actions? <p>2. Follow instructions on cards:</p> <ol style="list-style-type: none">i. Draw a symbol or image to represent the valueii. Write what the value means to youiii. Continue the activity, choosing as many values as desired. <p>3. Invite participants to reflect on the prioritization of values, as in life, we often do not have options that align with all of our values, and thus have to make the best choice we can from the limited option available to us.</p> <p>4. Share with those next to you and/or the whole group. See how group values align, differ, etc.</p>
<p>Reflect & Discuss 5 min.</p>	<p>Discussion Questions:</p> <ul style="list-style-type: none">• Which value resonates most with you, and why?• What values do you recognize in yourself?• What values do you notice in the people you care about?
<p>Check-Out Activity 5 min.</p>	<p>Activity: Creating a Collective Poem</p> <ol style="list-style-type: none">1. Invite participants to choose a value card.2. Ask them to read aloud the description they wrote for their chosen value.3. Take turns sharing in a circle, combining all contributions to form a collective poem.4. Read the collective poem aloud a second time, allowing participants to reflect on the shared values and connections within the group.
<p>Gratitude & Goodbye</p>	<p>Thank participants for sharing this space and taking this time for reflection. Remind participants to take value cards home with them!</p>