

SEVEN × NHS

HELLO + WELCOME!

To help you get the maximum value from the SEVEN Workinar, we're sharing some questions, prompts and a values exercise to help you get in the right mindset and start to think more deeply around your values, brand and your organisation.



WELCOME VIDEO FROM SEVEN FOUNDER



Evelyn Cotter

Please familiarise yourself with Mural ahead of the workinar:

[short video](#)

[short written guide](#)

Who you are and how you treat others influences your ability to be an effective leader. Your values determine your behaviour.

Some thinking or ideally journaling to do before the Workinar on the questions below:

Note the traits and habits people most respect in your department, team and organisation?

What do the most influential people here have in common?

Where am I an expert/emerging expert?

What keywords do people associate with me? Do you have feedback, reviews, can you use a search function to see which words are used most? Do you note down good feedback when given verbally? This is a valuable habit to get into.

Do I behave consistently? *Consistency is one of the most valued traits of influential leaders.*

Team members will follow leaders they like, trust, and respect. So what are your top 3 everyday values? (values exercise below)

What do you stand for and what will you not stand for? What do you want to be known for?

What role did your values play in key successes or failures in your life?

What values do you admire in others?

When reviewing values, look for what is valued within your organisation. What traits and habits are admired in your organisation?

Do you currently exhibit these traits? If not, can you or should you do so?
Remember – your brand must be authentic. *Trying to imitate the behavior of others to win favor is not a long-term strategy.*

Values Check-in Exercise

Even if you feel clear on your values, do this exercise to get an accurate top 3. As we mature, grow, the world changes, our goals develop, our values may not change, but the order might.

1. Determine Your Core Values

From the list below, choose and circle every core value that resonates with you. Do not overthink your selection. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, write it down.

Abundance
Acceptance
Accountability
Achievement
Adventure
Advocacy
Ambition
Appreciation
Attractiveness
Autonomy
Balance
Being the Best
Benevolence
Boldness
Brilliance
Calmness
Caring
Challenge
Charity
Cheerfulness
Cleverness
Collaboration
Community
Commitment
Compassion
Consistency
Contribution
Cooperation
Creativity
Credibility
Curiosity
Daring

Decisiveness
Dedication
Dependability
Diversity
Empathy
Encouragement
Enthusiasm
Ethics
Excellence
Expressiveness
Fairness
Family
Flexibility
Friendships
Freedom
Fun
Generosity
Grace
Growth
Happiness
Health
Honesty
Humility
Humor
Inclusiveness
Independence
Individuality
Innovation
Inspiration
Intelligence
Intuition
Joy

Kindness
Knowledge
Leadership
Learning
Love
Loyalty
Making a Difference
Mindfulness
Motivation
Optimism
Open-Mindedness
Originality
Passion
Performance
Personal Development
Peace
Perfection
Playfulness
Popularity
Power
Preparedness
Proactivity
Proactive
Professionalism
Punctuality
Quality
Recognition
Relationships
Reliability
Resilience

Values Check-in Exercise

2. Group All Similar Values Together from the List of Values You Just Created

Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop the least important grouping(s). See the example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness
Balance Health Personal Development Spirituality Well-Being	Cheerfulness Fun Happiness Humour Inspiration Joy Optimism Playfulness	

3. Choose One Word Within Each Group that Represents the Label for the Entire Group

Again, do not overthink your labels – there are no right or wrong answers. You are defining the answer that is right for you. See the example above – the label chosen for the grouping is circled.

4. Add a Verb to Each Value Label

Add a verb to each value so you can see what it looks like as an actionable core value. For example:

Live in freedom.

Seek opportunities for making a difference.

Act with mindfulness.

Promote well-being.

Multiply happiness.

This will guide you in the actions you need to take to feel like you are truly living on purpose.

Values Check-in Exercise

5. Finally, Print off Your Core Values And Hang Them Up Where You See Them when Faced with Decisions

Where should you post them? Write your core values in order of priority in your planner, so they are available as an easy reference when you are faced with decisions. Put them on a sticky on the edge of your computer screen. Or make a background with them on it for your cell phone.

For example:

1. Live in freedom.
2. Act with mindfulness.
3. Promote well-being.
4. Multiply happiness.
5. Seek opportunities for making a difference.

**If we can get to the place where we show
up as our genuine selves,
and let each other see who we really are,
the awe-inspiring ripple effect
will change the world.**

Terrie M. Williams

Leadership

Helpful prompts around leadership that may help with how to maximise your 1-1 coaching sessions!

There are 16 popular leadership qualities*, which fall into five key areas, as a starting point for aspirational leaders - rate yourself out of 10 for each, 10 being excellent and 1 being underdeveloped.

/10 Focus on results and stretch goals

/10 Initiate and lead strategic change in your organisation

/10 Act with honesty and integrity

/10 Develop key interpersonal skills such as communication, and decision-making

/10 Build your personal capability by working on relevant professional

Areas that are a 7 or below or you want to work on, bring to your 1-1 coach and dig into how you can model these, develop these and show these more.

**Zenger and Folkman*

**We look forward
to seeing you on
Monday,
15 November
at 2pm for our
workinar.**

Be sure to bring your notes with
you to refer to.