

A man's face is completely obscured by numerous yellow sticky notes. The notes feature various handwritten messages such as "TAKE A BREAK", "\$\$", "OFF LINE", "STOP!", "Chill", "AND CHILL", "CHECK", "BREATHE", "DESCANSO", "TAKE A", "WIND", "LOVE", "MIND", "NETS", and a heart symbol. To the right, a large teal circular graphic contains the text "Enhance Your Work Close" in white and yellow fonts.

[illegible][illegible][illegible][illegible]

A corkboard with several sticky notes. One note says 'TAKE A BREAK', another says 'DESCANSO', and others have checkmarks and the word 'WORK'.

Week 7 - Talking Points

- Recap – Week 6
- What are Values?
- Values and Parenting Adolescents
- Values and Workplace
- Why it Matters for Parents?
- Metaphor – Compass
- Exercise/Reflection - Activity



Opening Quotes

“When you know what truly matters, you will find the strength to do what truly counts.”

“Values are not about where you are. They are about the direction you choose.”

Unknown



Recap Week 6 – Self-as Context

- ✦ Ability that helps us observe thoughts
- ✦ We are not our thoughts, feelings, emotions or roles
- ✦ Beyond the Story of Me
- ✦ Not defined or ruled by thoughts
- ✦ You are noticing your thoughts
- ✦ Observer Self or the Noticing Self



Six Core Processes of ACT

1. Cognitive Defusion
2. Acceptance
3. Self-as-context

4. Clarify Values

5. Present-moment awareness
6. Committed action

Today's focus is Clarifying Values

- A Process and path to Psychological Flexibility
- ACT Principle for Working Parents of Adolescents
- A Compass guiding work and parenting
- Values can help be purposeful and resilient



What Are Values?

- Deeply held, desired and chosen life directions
- Reflect what truly matters
- Ongoing qualities - never finish to live by
- Defines how we live and relate on an ongoing basis
- Guide actions even in difficult moments
- Qualities of action and being

Kindness, courage, respect, trust, reliability, openness



Values vs. Goals

- Values - Directions or qualities of action; guide every day regardless of circumstances - loving parent, stay connected
- Goals – Check points; achievements or destinations - promotion, plan a family trip

“Goals are what we want to achieve. Values are how we want to live.” — Steven C. Hayes



Values and Parenting Adolescents

Values - when caught up in parenting demands

- Adolescence brings conflict, independence, and emotional challenges
- Navigate adolescence with Purpose
- Enhance intentional parenting – respond not react
- Parenting values - Authenticity, Respect, Connection,



Values in the Workplace

Values - when caught up in work demands

- Work often limits family and parenting time
- Clarifying values helps set boundaries
- Choices and priorities
- Values at work does not mean doing more
- Values at work means doing what matters

"When you know what matters most, everything else gets simpler." Greg McKeown



Why Values Matter?

- A core ACT process for cultivating psychological flexibility
- Acting in line with values even when emotions are tough
- Gives clarity, motivation and direction
- Help persist through challenges with purpose
- Helps respond with intent to challenges
- Anchors behavior to what matters – even under pressure
- Psychological flexibility – intentional work and parenting

The background of the slide features a corkboard on the left side with several sticky notes. One note says 'TAKE A BREAK', another says 'WANT', and there are some checkmarks and other illegible text. On the right side, there is a large teal-colored circle. The title 'Acceptance and Commitment Theory' is written in a yellow, sans-serif font across the top, partially overlapping the corkboard and the teal circle.

Acceptance and Commitment Theory

- Avoid difficult internal experiences - cognitive distress
- ACT suggests the Six processes of psychological flexibility
- Defusion from our thoughts, acceptance, recognize the self as the context in which inner experiences occur rather than the content of those thoughts and emotions, Values as a Life compass
- Commitment to actions consistent with identified values
- Present moment awareness - a tool for Psychological Flexibility



The ACT Life Compass

- Trust
- Humility
- Excellence
- Generosity
- Loyalty
- Duty
- Openness
- Reliability
- Determination
- Authenticity
- Insight
- Dignity
- Inclusion
- Stability
- Supportiveness
- Creativity
- Empathy

The background of the slide features a corkboard on the left side, covered with several colorful sticky notes. Some of the visible text on the notes includes "TAKE A BREAK", "DEADLINE", "CAMA", and "WANT". To the right of the corkboard is a large, solid teal-colored circle. The title "Metaphor – The Compass" is written in a large, yellow, sans-serif font, overlapping both the corkboard and the teal circle.

Metaphor – The Compass

- Life can be vast landscape full of unexpected storms
- Does not tell how easy or hard the journey will be
- Points in the chosen direction
- Values are an internal Compass
- Values = Compass - give direction and guide ongoing journey

"A compass won't calm the storm, but it can keep you from drifting."



Values as Life Compass

Fairness
Integrity
Dignity

- Importance: ____/10
- Satisfaction: ____/10
- Committed Action:



Values as Life Compass

Respect
Kindness
Openness

- Importance: ____/10
- Satisfaction: ____/10
- Committed Action:



Values as Life Compass

Reliability
Stability
Simplicity

- Importance: ____/10
- Satisfaction: ____/10
- Committed Action:



Values as Life Compass

Success
Growth
Duty

- Importance: ____/10
- Satisfaction: ____/10
- Committed Action:

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The Power of Returning to Values

- Values gives a way to realign not shame, guilt and reaction
- Return to values even when you fall short
- People struggle - disconnect get overwhelmed
- Recommitment is part of values-based living
- Values are essential in creating a meaningful life
- “Values are not about where you are. They are about the direction you choose.”



Empowerment - Clarify Values

- Stay centered under pressure
- Work and Parent with purpose, not reaction
- Strengthen connection with adolescents
- Build stronger teams
- Model resilience and integrity

The top of the slide features a background image of a corkboard with several sticky notes. Some of the visible text on the notes includes 'WMA', 'TAKE A BREAK', 'DISCANT', 'WANT', and 'WITH'. To the right of the corkboard is a large, teal-colored circular graphic.

Reflection Exercise

Identify Core Values - What Matters Most to you?

- Recall a moment you felt proud as a parent or employee
- What quality or value were you expressing in that moment?
- Why does matter you?

The background of the slide features a corkboard with several sticky notes. Some of the visible text on the notes includes "TAKE A BREAK", "D. SCANDIA", "CAMA", "WANT", and "WANT". A large teal circle is partially visible on the right side of the corkboard.

Question to Clarify Values

- What do I want my life to be about?
- What do I want to stand for?
- What do I want with my time on this planet?
- What truly matters to me?
- What do I want my child to remember when they are older?
- What three values do I want colleagues to describe me with?



Closing Quote

*“In the rush of doing everything, don’t forget **Who** you want to be.”*

“What you stand for as a parent will carry your child further than any rule you enforce.”

Unknown



Announcements!

- Focus Group Discussion Invitation
- WhatsApp group – Scan QR Code
- Website postings
- Homework will be shared
- Stay engaged and remain on this Train - give aways:
 - ✓ Check out the ACT Wise Breakfast!
 - ✓ Shopping Vouchers
 - ✓ One on One Coaching
 - ✓ Book prices
 - ✓ Loading!

Scan QR Code



Working Parents Research and Empowerment

WhatsApp group



Scan this QR code using the WhatsApp camera to join this group



Week 8 – Present Moment Awareness

Objectives:

- Develop present moment and mindfulness skills
- Understand the role of mindfulness
- Notice thoughts without attachment
- Benefits to stay – no undue preoccupation with past or future



Thank you so much!