



VALUES IN ACTION: Why Values are the Key to Finding Fulfillment in Life

This is a 45-min talk, followed by 15 mins for Q&A and discussion.

ABOUT THIS TALK:

Values drive behavior; all of our behavior. Having an awareness of our personal values enables us to lead rich, meaningful and fulfilled lives, even when life stressors are weighing heavy. Living our values on a daily basis helps each of us to find purpose, and drives our 'Why'.

JOIN US TO EXPLORE:

- How values can contribute to meaningful behavior, which in turn, increases life satisfaction.
- Insights into practical ways of ascertaining and exploring one's own values, while learning how to use these values to drive behaviour on a daily basis.

