



CORPORATE PA SUMMIT

Your masterclass workbook

Future YOU: The Ultimate Reset

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www.corporatepasummit.com

KNOW YOUR STATUS QUO

Awareness is the beginning of any meaningful change.

Reflections

WORKING WELL

NOT WORKING

ENERGISING ME

DRAINING ME

KNOW YOUR STATUS QUO

Where is your ATTENTION? What are your INTENTIONS?

Intention

What are your intentions for today's session?

What are some of the things you want to see change in your future?

*"If you're not making mistakes, then
you're not making decisions"
Catherine Cook*

VALUES

Below is a list of values. Tick or circle the ones you identify with most and believe are important to you. Feel free to add any that are not on this list.

- | | |
|--|--|
| <input type="checkbox"/> Achievement: Desired outcomes resulting from persistent endeavour | <input type="checkbox"/> Creativity: The ability to transcend traditional ideas, rules, patterns, relationships, or to create meaningful new ideas, forms, methods, and interpretations |
| <input type="checkbox"/> Aesthetics: Appreciation and enjoyment of beauty and artistic experiences | |
| <input type="checkbox"/> Accountability: Addressing the congruence of your behaviours to your values | <input type="checkbox"/> Dignity: Demonstrating behaviour and stature that earn the respect of self and others |
| <input type="checkbox"/> Altruism: Active concern for the needs and values of others | <input type="checkbox"/> Diversity / Unity: To value differences as strengths / biodiversity |
| <input type="checkbox"/> Ancestry: Those who came before us; our line of descent | <input type="checkbox"/> Economics: to be financially stable and secure and respected for this |
| <input type="checkbox"/> Autonomy: The drive to be an independent, self-determining individual | <input type="checkbox"/> Emotional well-being: inner peace, abiding confidence, freedom from anxieties, tranquility |
| <input type="checkbox"/> Care: To be physically and emotionally supported by others | <input type="checkbox"/> Empathy: being able to see things from another's point of view |
| <input type="checkbox"/> Community: People who care about something and pursue it together | <input type="checkbox"/> Equity: legal, social and economic equality and fairness and a commitment to advocate this claim |
| <input type="checkbox"/> Communication: Flow of ideas and information between people | <input type="checkbox"/> Family: Person(s) with whom you have an emotional and / or biological bond |
| <input type="checkbox"/> Competency/Skill: Competence in performing given tasks / positive contribution | <input type="checkbox"/> Freedom / Expressiveness: ability to openly express feelings spontaneously so others feel they can do the same |
| <input type="checkbox"/> Control/influence: authority or influence over others | |

VALUES

- Harmony:** Unity in relationships; the absence of conflict and strife between associates
- Health:** Soundness of body, mind, and spirit
- Honesty:** Truth, openness, and fairness of conduct; integrity
- Honour:** A recognition bestowed on one who has distinguished himself or herself from peers by living a life of superior standing
- Humility:** The ability to be honest with yourself; meek, teachable, and open to change
- Justice:** Behaviour that conforms to what is right, fair, and reasonable
- Knowledge:** Facts and lessons learned; understanding or awareness of principles that organize and explain
- Love:** Unselfish devotion that freely accepts another person
- Loyalty:** Maintained allegiance to a person, group, institution, or idea
- Passion:** the “fire within” that brings rewards beyond any monetary gain or satisfaction from your work
- Physical appearance:** Concern for the attractiveness of one’s own body
- Pleasure:** Enjoyment and gratification delivered from that which is to one’s liking
- Recognition:** Favourable attention and acknowledgement from others that makes one feel significant
- Relationships:** Being surrounded by people who like you and care about you
- Security:** safe space and relationships to provide comfort – freedom from anxieties
- Spirituality/Religion:** Communion with, obedience to, and activity in a relationship with a Supreme Being
- Tradition:** Rituals and ceremonies that enrich meaning of family history etc
- Equity:** Legal, social and economic equality and fairness and a commitment to advocate this claim
- Wealth:** An abundance of valued material possessions and resources; economic prosperity
- Workmanship:** Create products / art to enhance the world and life within it

This is not an exhaustive list of values – you may have others to add to the list.

(Values adapted from various sources – see our recommended resources for deeper reading into your values and how they can positively impact your life).

CREATE YOUR OWN SET OF VALUES

*List below 10-15 of the values you think are most important to you.
Choose from the list above or feel free to add your own.*

1.

9.

2.

10.

3.

11.

4.

12.

5.

13.

6.

14.

7.

15.

8.

CORE VALUES

List below your 5-7 most important values - the ones that are non-negotiable. Try to eliminate or group together any that are 'similar' or common. Then describe how your core values are activated or influenced by your Signature Themes (strengths). Where do your core values play an important role in your life?

List your Core Values	Describe the Strengths that influence or activate these core values	Where are your values expressed? (eg. Work, Personal Life)
1.		
2.		
3.		
4.		
5.		
6.		
7.		

VALUES

What insights have you had going through this activity? What needs to change?

What needs to change?



REFLECTION

Your values may change over time depending on life circumstances. For this reason, I recommend you check in with your values every now and then to stay true to what's most important to you.

EMOTIONS

My success relies on me feeling...

I don't want to feel these things even though I may from time to time...

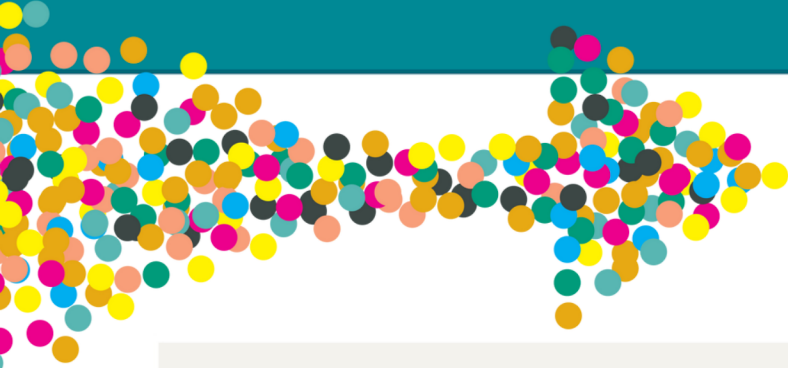


REFLECTION

Capture your observations following this activity.

I've left some space on the page following...

NOTES



THE NEXT 90 DAYS

Ditch:

Dare:

1 Priority:

Word:

NEXT

Following today's workshop if you would like to DELVE DEEPER, we have a special offer going for Belinda's book Start with YOU, Lead from the Inside exclusive for masterclass participants at the Corporate PA Summit.



FREE POSTAGE FOR ORDERS AFTER THE SUMMIT USING **SWY2023** IN THE DISCOUNT CODE AREA, TO ANYWHERE IN AUSTRALIA.

<https://www.belindabrosnan.com/books/p/start-with-you>



Have a C-Suite leader in your company who needs a BREAK before they burn out or start burning bridges? I'm taking a small group of senior leaders to Noosa 14-16 July 2023.

Find more at

<https://www.belindabrosnan.com/events/senior-leader-retreat>



CONTINUE THE GROWTH

We love to LISTEN, contact us on ways we can help you and your team or follow me on Instagram and LinkedIn:

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NOTES