



Personal Wellbeing and Self-Care VMware - Summer 2021

Instructor: Barbara Piper-Roelofs
barbara@berooted.nl | +31 6 40269953

Class Review & Homework session 3

Part 3: Learning to become aware of your intentions and desires in work and life

Week 3 and 4:

Finding out more about your personal values, desires and intentions.

Summary

In this session we focused on **awareness** about what your values are and where you find your root & how that affects your choices.

We are **linking** your intentions with your values.

From there we will move towards **anchoring** this awareness in your day to day. Moving us into more understanding of our values as an **active** and **integral** part of who you are and how you do things.

Once you are aware and understand what's truly important to you, you also naturally start shifting your focus to more empathy, kindness and compassion for yourself and others as a choice and changes the game.

The reason we create habits like meditation is that when it's really needed in the moment, stressful at work, deadlines, busy, long hours - we can revert to our practice and use it more easily. The more we practice, the more the skills are available to us



when we need them most. This is especially true for self-compassion. (who's practiced the 2-minute meditation?)

Your intentions for these three months, your personal wellbeing, is going to affect everyone around you.

What is the cornerstone of everything that you do? Does your philosophy permeate everything that you do? From responding to colleagues with kindness to celebrating what we accomplished to treating others and ourselves with empathy and compassion.

We Choose & commit

- a. making personal wellbeing through a **physical** activity, or yoga, meditation, learning a new language a priority.
- b. making **reaching out** to others a priority
- c. making **self-care** a priority: being kind to yourself. Cut yourself some slack or you will burn out.

Burn out decreases when we focus like this.

As leaders in our field, as leaders in our company we can lead the way and be inspirational to our colleagues in what it means to be human.

Exercises:



Centering Exercise

Please refer to the course environment to do the centering exercise for yourself.

Break out room Exercise:

This exercise is about what your core existing values are & what values you want more of?

Discuss in break outs: (drop in chat)

What was the process of choosing like?

How are you seeing these values in your life today?

What do you want more of?

Format:

Take a full 5-7 minutes each.

please take 2 minutes to settle in together and if you don't know each other and haven't been in a break-out group together yet; get acquainted.

Then each speaker takes 5-7 minutes. The listener listens and prompts the questions.

Then we switch speakers.

Lastly, we give appreciative feedback.

Exercise 2: break out rooms



After the plenary session, we didn't have time to do exercise 2 - but you can venture into doing it at home.

We ended exercise 1 with “what do you want more of”.

Format: Ask yourself and discuss in dyads

Combine your chosen values to your intentions: did anything change?

What is a first step you can take towards it?

What could support you?

Homework and daily practice

1. Meditation: Try to do the centering exercise or the body scan every day for 15 minutes. You can start with 5 minutes and build it up from there, creating a daily habit that works for you:
Meditation - sports - music -

2. Reach out to a buddy and do the value exercise.