



The Packer Group Value-Cards Exercise Instructions

Overview: This lively and engaging exercise is designed to engage teams, cross-functional departments, or training classes into a discussion about personal values. This exercise is multifaceted. This can be a high-level and therefore used as an ice-breaker or team building. But the exercise can also be used to explore a much deeper application both personally and within organizations. For additional application and facilitation tips visit www.thepackergroup.com/valuecards.

Purpose: By the end of this exercise participants will have identified and discussed their own values as well as their co-workers / colleagues.

Time: 15 minutes

Step 1:

- Take 2-3 minutes to quickly separate your cards into 2 stacks.
- The 1st stack represents your MOST IMPORTANT values.
- The 2nd stack represents your LESS IMPORTANT values.

Step 2:

- Return the 2nd stack back into your box.
- Then take 2-4 minutes to reduce your 1st stack to your top 6 values.

Step 3:

- Take 5 minutes to share your top 6 cards with 3 to 5 other people.

Step 4:

- Remove 3 cards. Giving you a total of 3 cards remaining

Step 5:

- Take 5 minutes to share your top 3 values and discuss.

Additional downloads are available at www.thepackergroup.com/valuecards
Discussion Questions, Team-Based Application, Facilitation Tips

The Packer Group specializes in

1. Leadership Training
2. Team Development
3. Executive Coaching

For information please contact at **877-859-4073** or visit us at www.thepackergroup.com