Social Care Ireland | Annual Conference 2023

How to Find Your True North A Guidance System for Life



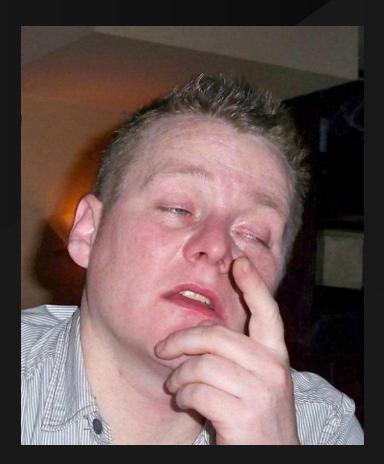
Dr Brian Pennie On a mission to show people that change is possible

SOCIAL CARE IRELAND

BRIAN PENNIE CHANGE IS POSSIBLE



Change is Possible









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"Values are beliefs, attitudes, and standards of behaviour about what's important in life."







How to identify your values?

- **1** What are the values of those you admire?
- 2 Invert what you don't value
- **3** Use the "5 Whys Technique"



Why are values important?









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Will it make MY boat go faster?



