

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



BRIAN PENNIE
CHANGE IS POSSIBLE



Change is Possible



Trinity College, Dublin



“Values are beliefs, attitudes, and standards of behaviour about what’s important in life.”

Junk Values



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?

