# Adult Resilience Curriculum (ARC)

## Values

# WHO WE ARE
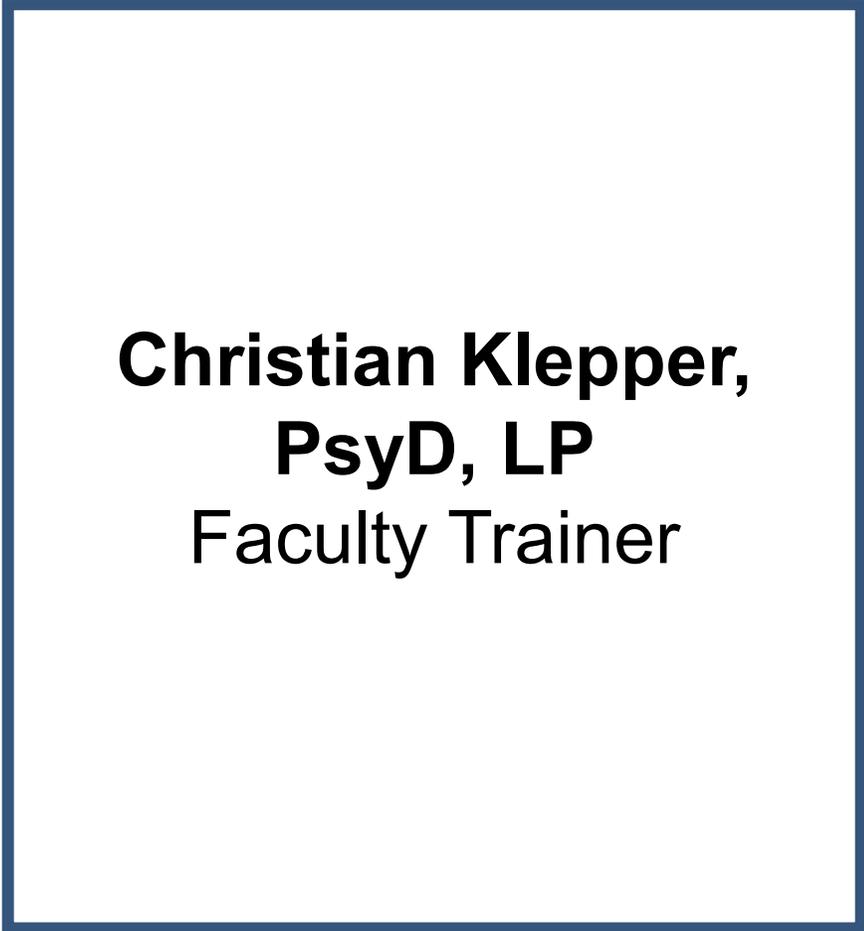
Christian Klepper, PsyD, LP
Faculty Trainer

# WHO WE ARE

Hannah West, PhD, BCBA
Regional Trainer

# The Adult Resilience Curriculum (ARC)

# The ARC Modules

**0: Introduction to the Adult Resilience Curriculum (ARC)**

**1: Understanding the psychobiology of stress and well-being** (*psychoeducation*)

**2: Creating safe and supportive environments** (*context*)

**3: Clarifying, aligning with, and committing to one's values** (*values*)

**4: Cultivating awareness through mindfulness-based practices** (*mindfulness*)

**5: Connecting meaningfully with others** (*connection*)

**6: Fostering pleasant emotions and experiences** (*positivity*)

**7: Coping with difficult thoughts, feelings, and experiences** (*coping*)

**8: Feeling good physically through nutrition, movement, & sleep** (*health*)

**9: Rejuvenating through relaxation, recreation, and routines** (*three R's*)

**10: Bringing it all together: A wellness plan for the future** (*wellness plan*)

# Values

**Our Hopes for Today**

Determine the difference between values and goals.

Clarify your own values and identify goals that let you track your progress toward values.

Create an action plan to spend time deeply engaging with your values as an educator.

What are you wanting from today?

**MODULE 3:**
Clarifying, Aligning with, and Committing to One's Values

# Values Components

| What are Values? | Values vs. Goals | Values Clarification |
|:---:|:---:|:---:|

# What are values?

Principles, ideas, things that are:

❖ **Chosen** life directions/pursuits

❖ Unobtainable & Ongoing

❖ Of greatest importance

❖ Known and unknown drivers of behavior

❖ Core to who we are, often without an explicit "Why"

# Values



Goal
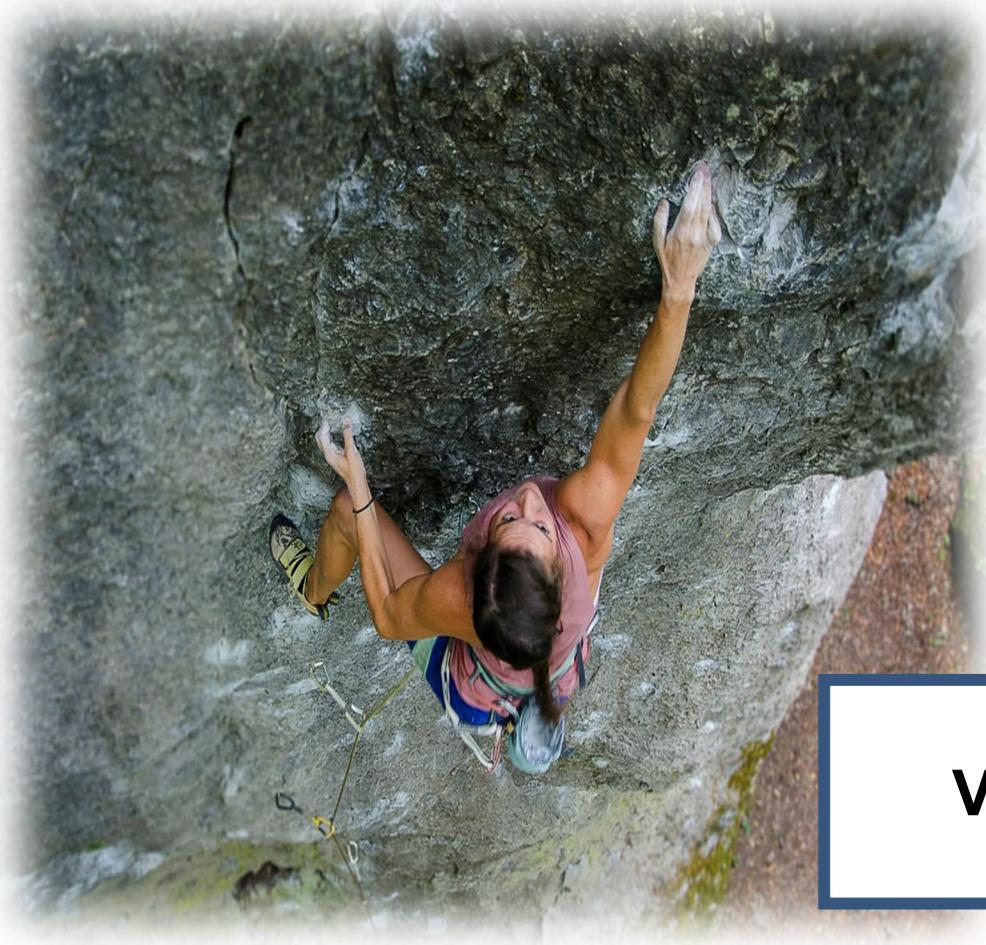
Value

"Someone who has a *why* to live can bear almost any *how*"
-- Nietzsche
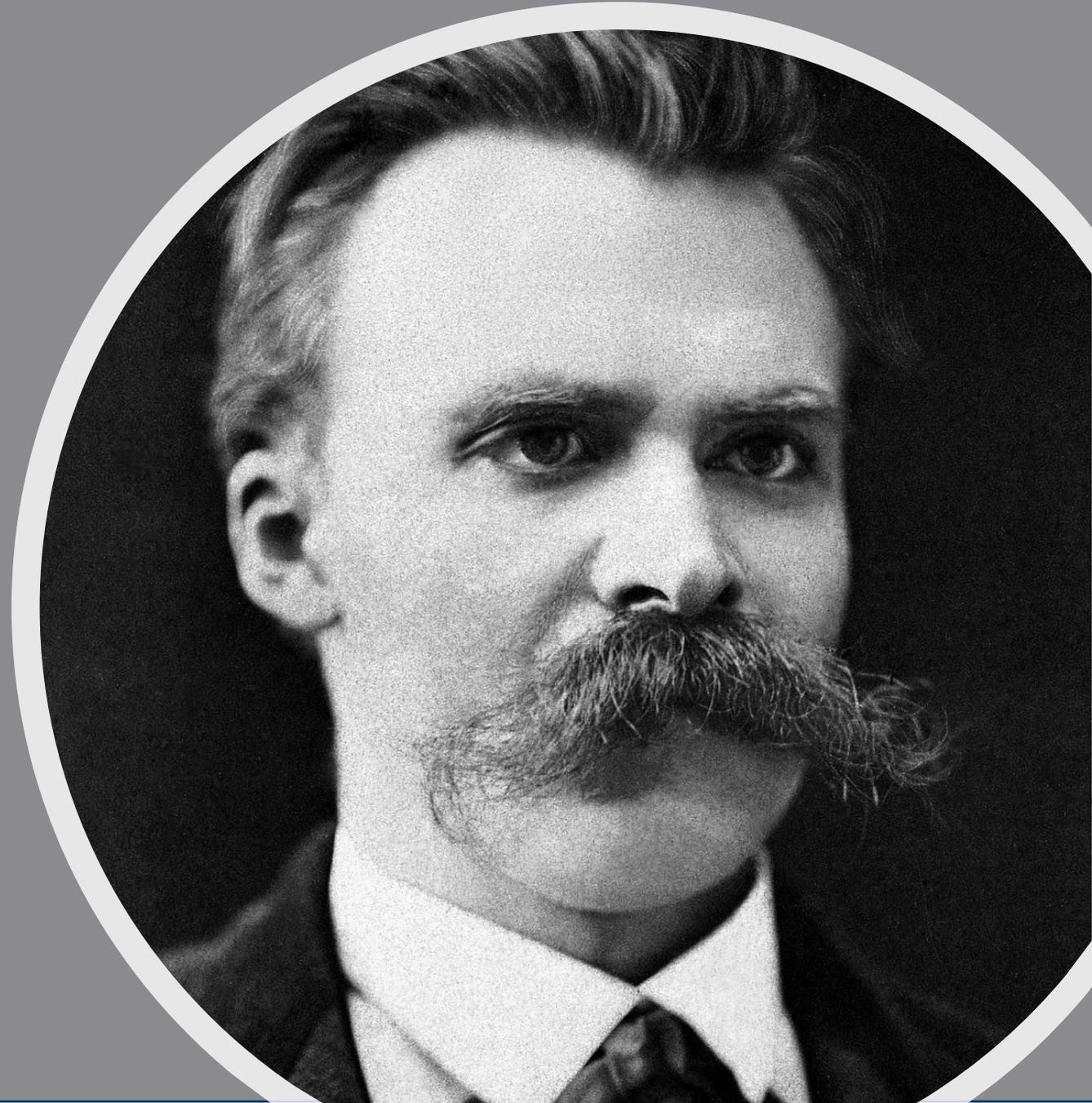
# Values Clarification

Value Domains

Value Statement

Committed Action

# In-Session Activities
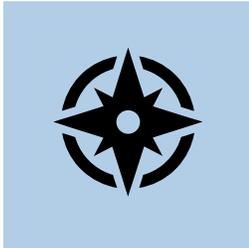


true north

bullseye

retirement party

my valued journey
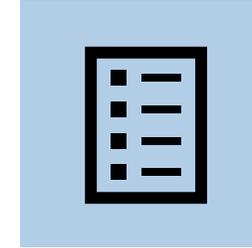
life values inventory

# Recommendations

✓ Complete activity

# Recommendations



- ✓ Complete activity
- ✓ Teach an activity

# Recommendations



- ✓ Complete activity
- ✓ Teach an activity
- ✓ Create individual action plan

# Individual Action Planning

**Complete Action Plan**