

Examples of core values

Here are some more examples of values, are there others you'd like to add?

We've started a table below, use the list further down to add your ideas – or discuss as a group - which are values, skills and behaviours and complete the table.

You might disagree with our placements – have a discussion why.

Values	Skills	Behaviours
Your values are the things that you believe are important in the way you live and work.	The ability to do something well; expertise.	Every physical action and observable emotion associated with individuals.

Accountable	Adaptability	Appropriate Attentive
Compassionate Committed Caring Courageous	Communicative Competent	Confidential
		Decisive Diligent
Empathic	Effective	Enabling Encouraging
		Flexible Fun
Honest	Innovative	
Integrity		Patient Open-minded
Protective		Person-centred

Use this list to choose where you'd put each one.

Fun

Accurate

Enabling

Reflective

Pro-active

Accountable

Committed

Responsible

Patient

Attentive

Reliable

Appropriate

Sensitive

Decisive

Adaptable

Effective

Communicative

Respectful

Unselfish

Professional

Self-aware

Confidential

Fair

Transparent

Passionate

Protective

Diligent

Supportive

Authentic

Honest

Encouraging

Trustworthy

Integrity

Open-minded

Compassionate

Willing

Innovative

Flexible

Straight-forward

Responsive

Person-centred

Empathic