



DR LAUREN BURNS
Elevating Potential

VALUES AND PLANNING MASTERCLASSES

*"Very motivating and
inspiring. I enjoyed
her life story and really
valued the planning
tools she provided"*



EMPOWER YOUR LIFE BASED ON YOUR VALUES

VALUES

The benefits of understanding your personal values are well recognised. Personal values are deeply held beliefs and principles that guide individuals' behaviour, decisions, and attitudes.

They serve as a moral compass, shaping an individual's identity, priorities, and overall well-being. Extensive research has explored the benefits of personal values in various domains of life, including mental health, decision-making, work satisfaction, and interpersonal relationships.

In this Masterclass Lauren guides participants through the process of identifying their own personal values, what they need to add into their life to support their values, and what they need to change to reflect these values.

HEALTH AND WELLBEING

Numerous studies have highlighted the positive impact of personal values on mental health and well-being. When individuals align their behaviours and decisions with their core values, they experience a greater sense of purpose, self-esteem, and life satisfaction (Morf et al, 2019).

Personal values act as protective factors against stress, providing individuals with resilience and coping mechanisms in challenging situations (Vecchione et al., 2016). Living in congruence with one's values fosters authenticity, reducing psychological distress and promoting psychological well-being (Lynch, 2019).

DECISION MAKING & GOAL SETTING

Values-based decision-making enhances goal-directed behaviour and promotes perseverance in the face of obstacles (Sheldon et al, 2018). Individuals who set goals aligned with their personal values demonstrate higher levels of motivation, commitment, and satisfaction upon goal attainment (Kluckhohn, 2018).

WORK SATISFACTION & ENGAGEMENT

Personal values significantly influence individuals' work satisfaction and engagement. When an individual's core values are congruent with the values espoused by their workplace, it leads to higher job satisfaction, organisational commitment, and reduced turnover intentions (Kristof-Brown, et al, 2005).

The benefits of personal values permeate various aspects of individuals' lives, influencing mental health, decision-making, work satisfaction, and interpersonal relationships. Aligning behaviour and decision-making with personal values enhances well-being, provides clarity and motivation, and facilitates a sense of purpose and fulfillment. Organisations that value and promote employees' personal values create an environment that fosters engagement, productivity, and retention. Recognising and respecting the values of others contributes to positive interpersonal relationships and societal well-being. Understanding the significance of personal values can guide individuals towards a more fulfilling and meaningful life.



PLANNING

When researchers analysed some of the most disciplined people to find out the secrets to their self-control – it turns out these 'disciplined' people are really just meticulous planners.

People who spend time planning and structuring their life, are better able to achieve the things they seek to accomplish.

In Lauren's PhD research of gold medal winning elite athletes, this was no exception. Detailed and thorough planning was paramount to success.

Lauren empowers participants with key strategies for short, medium and long term planning – where they leave equipped with knowledge, and recourses to continue incorporating planning into their life plan.



"I appreciated the outlook of a lifestyle that I would never have seen myself facing. Thank you for the positive outlook and the demonstration."

