



COMSEP

Better Health for All Patients
Through Pediatric Education

Leveraging Personal Values in Coaching

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Welcome back!



*What insights have you had
about your coaching?*

Questions?

Sticky situations?



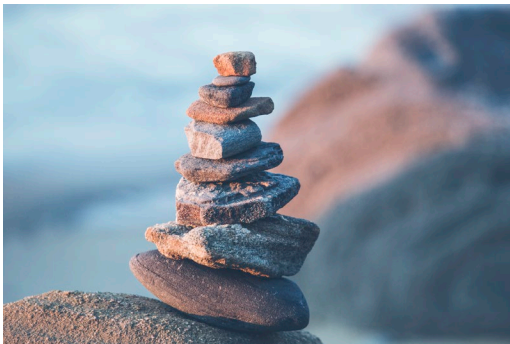


Objectives

- ▶ Reflect on how values inform your coaching
- ▶ Identify ways to use values with coachees
- ▶ Practice coaching skills



Reflection on Values Homework



Lists of Values

- ▶ **Method 1:**
 - ▶ Select 10-20 that “speak” to you
 - ▶ Group similar; choose best
 - ▶ Narrow to 2-3 core
- ▶ **Method 2:**
 - ▶ Cross out those that don’t feel as important
 - ▶ Circle most important
 - ▶ Narrow to 2-3 core values
 - ▶ Select 2-3 least important



List of VALUES

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity

Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity

Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk-taking

Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:



AI can help

Open ChatGPT



Type what is important/meaningful to you (stream of consciousness)



Based on what you typed, what are your core values?



I value growth, truth, and wisdom. I strive to live and lead with integrity, compassion, and respect for others. I seek meaning and balance through connection, reflection, and a deep appreciation for the beauty of life. My work is guided by a commitment to fostering awareness, supporting growth, and helping others realize their fullest potential.



Using Values with Coachees

▶ Assessment

- ▶ As part of a series of assessments before beginning a coaching engagement
- ▶ Values, Strengths, Leadership Style, Learning Style, etc.

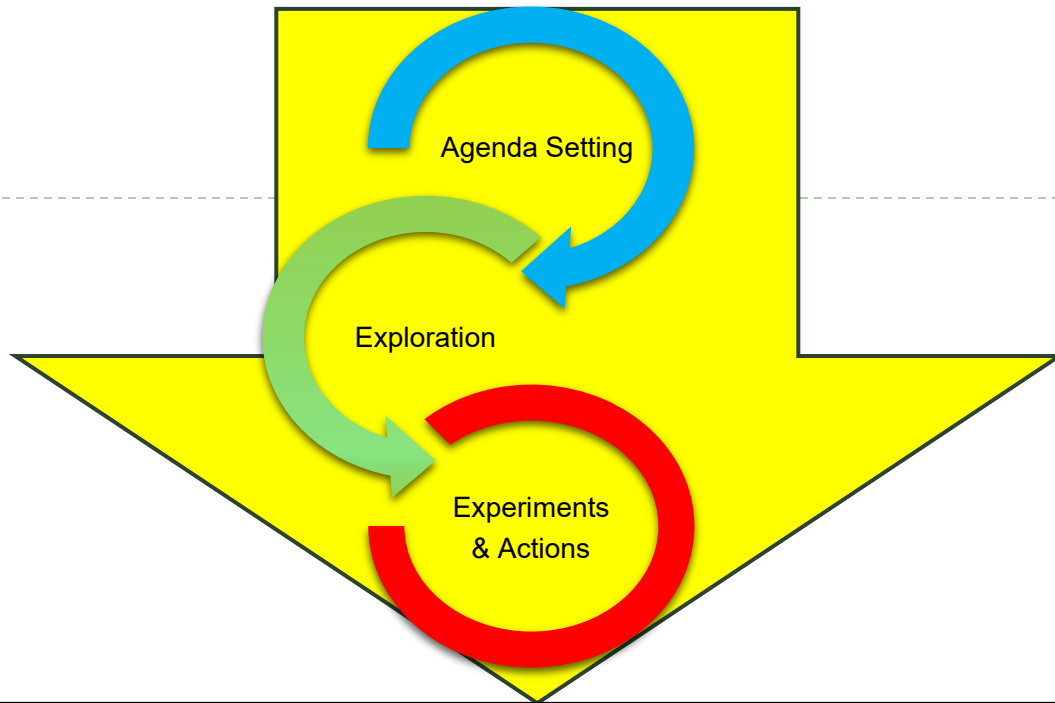
▶ Homework

▶ Visuals

▶ Example Questions

- ▶ How do your values help prioritize tasks?
- ▶ Knowing your value of ____, which choice aligns best?
- ▶ How can you tell when your actions are not aligned with your values?
- ▶ What happens when you are not aligned with your values?





Foundations	The Coach Approach & Mindset Asking Questions & Listening Wholeheartedly What hat am I wearing?
Agenda Setting	What would you like to focus on? Coaching Readiness
Exploration	It's the thought that counts Coaching Emotions Strength Based Coaching
Experiments & Actions	Exploring & Finding Next Steps Co-creating actions to help people reach their goals

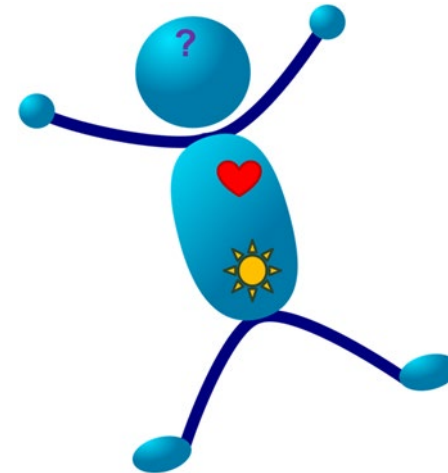
Practice Your Skills



- ▶ Set your intention – what do you want to work on? Who do you want to be as a coach?

Breakout Groups

- Groups of 2
- Any topic
- Coach for 15 minutes
- Debrief for 3 minutes
- Switch



Learnings



Next sessions: January 6, 2026 12pm ET; January 7, 2026 3 ET
Coaching When There is Resistance



What Value Will You Bring to the Holidays?



Resources: Values

- ▶ Brown, Brene. *Dare to Lead*. Vermilion, 2018.
- ▶ Brene Brown Values Exercise:
<https://brenebrown.com/resources/dare-to-lead-list-of-values/>
- ▶ Article on some ways to structure a values exercise:
<https://chengeer.medium.com/self-coaching-tool-values-exercise-4079070137bb>

