

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