

# Aligning Your Life With What Matters Most

In this highly interactive presentation, Jim Hopkins uses a deck of value cards to focus participants on what really is most important in their lives, and then takes them on a values test flight to aid in prioritizing. Finally participants work on actionable items that increase alignment with what matters most in life.

## Key issues covered include:

- Separating What Matters Most to Me Versus Others
- Narrowing Down and Prioritizing Beliefs
- Living Reality or Fantasy
- Changing The Future

Jim approaches the issue of aligning values from an experiential standpoint, and provides participants with rubber hits the road activities. Whereas other programs on value identification will often stop there, Jim has participants push the envelope, and then enables them to change their future.

**Value to Participants:** Participants will leave with the ability to separate values most important to them, and have actionable steps to change their current personal and professional lives. Participants get to keep the deck of value cards to teach and implement these techniques within their organizations, friends and family groups.

**Length of Session:** 2-3 hours

**Speaker Fee:** Negotiable

**Materials Fee:** \$10 per participant handout, plus \$10 per deck of value cards +T/S/H

**Biography:** Jim Hopkins, a former CLO, is the President of JK Hopkins Consulting, a training consulting firm that focuses on Building Leaders and Empowering People through the applications of performance learning solutions. Jim has been working with organizations for 18 years that want to concentrate on the strategic aspect of the learning function and he partners with companies that want to increase productivity and retention efforts of their staff participants.

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*Building Leaders & Empowering Employees*