

The background is a solid light pink color, decorated with various stylized tropical leaves. These include large yellow leaves with dark outlines, teal leaves with dark outlines, and orange leaves with dark outlines and some having holes. There are also smaller, lighter pink leaves in the background.

DISCOVERING YOUR PERSONAL VALUES & SOCIAL MISSION

Ishara Sahama (she/her) | Meanjin, Australia
O-week Class for Shine From Within | 8th July 5-6PM AEST

ACKNOWLEDGEMENT OF COUNTRY

This online class is hosted on the lands of the Turrbal and Yuggera people who are the custodians and stewards of the land. I acknowledge and respect Indigenous Elders past, present, emerging and those who are in attendance. In this country, across its waters and across the many other Indigenous land- sovereignty was never ceded.



01 ABOUT ME

- Human Geographer, critical & systems thinker, tea/coffee drinker
- BSc Geographical Science + BA Honours Geography (2016-19)
- Cultural background is mixed Sri Lankan heritage
- Passionate about working with others to create intersectional, sustainable futures.





02 THE JOURNEY OF YOUR VALUES

Some of my core values



- Compassion
- Empathy
- Honesty
- Authenticity
- Community
- Transparency
- Creativity

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What it means to me

- What I value for myself
- What I value when I work with others
- What I value when working with others
- What I value from others (friends, family, acquaintances)
- What I wish more of in the world
- How I will create change, one step at a time

04 FINDING YOUR VALUES + SOCIAL MISSION...

A life long journey, but you got to start somewhere!

VALUES

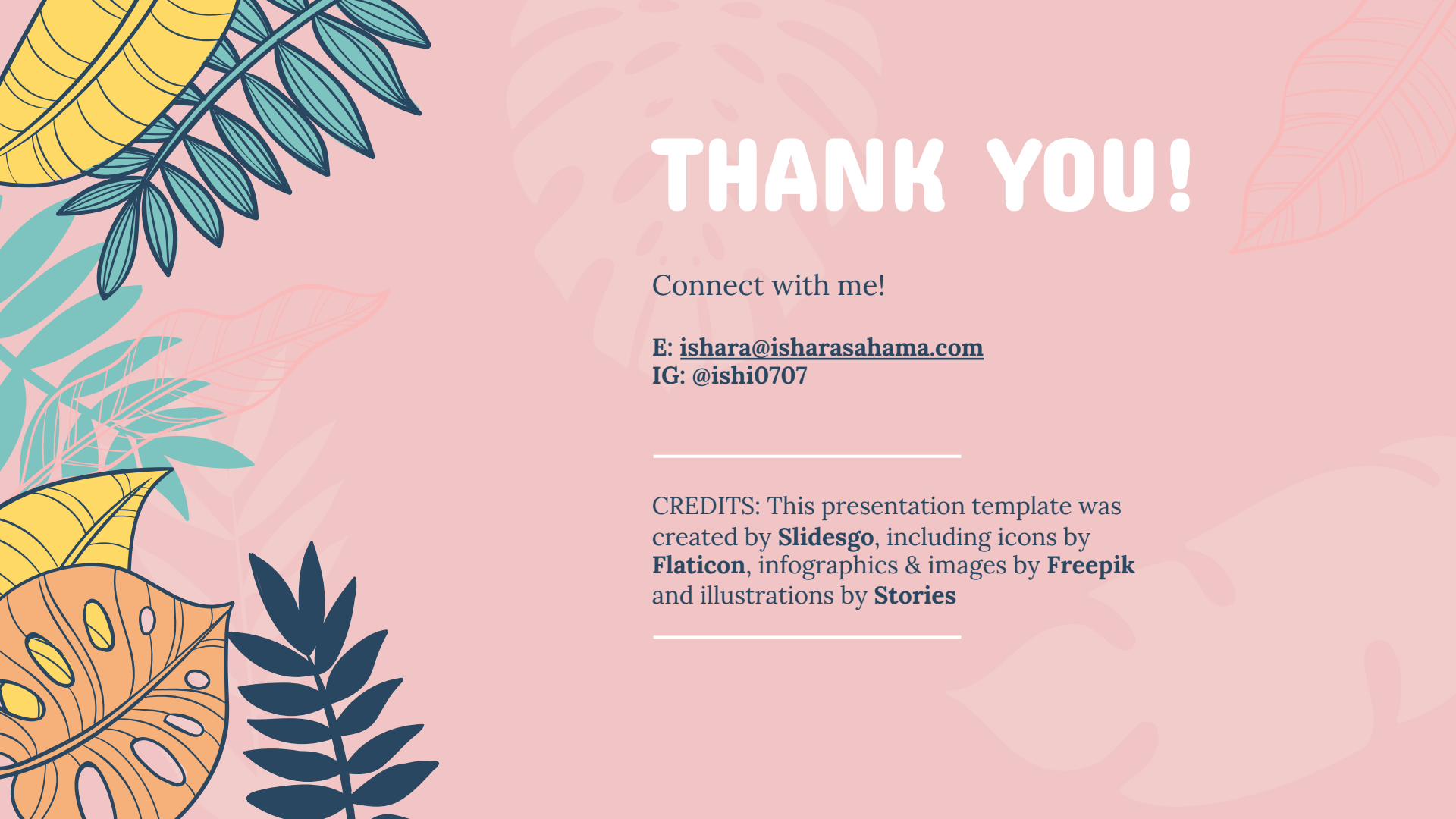
- Finding your core values takes time
- Knowing your core values is important for how you turn up
- Showing up as the person you wish to be known as, respected and celebrated as is how you start that journey

MISSION

- The one thing you wish to improve/make better
- Your focus is on what you can do now, then the next day and the next etc...
- It's a lifelong thing- so you don't need to know it straightaway

SKILLS

- What are you good at?
 - How can you use those skills for your mission?
 - What do you not know?
 - Where can you learn and improve your skills (or from who)?
-



THANK YOU!

Connect with me!

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