

ALIVE IN DEATH

**Death, Dying, Grief and Self-Care Training for
Healthcare Providers**

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MODULE 3

OTHER CULTURES DO DEATH DIFFERENTLY

ALIVE IN DEATH

VALUES

Values connect to a set of principles and standards that we make important. Values align us to action that fulfills us.

Without knowing our values, we may feel a lack of purpose and contribution.

A value conversation helps to bridge differences and find a theme to connect.

VALUES

Examples of values

Values are nouns

**Peace, Contentment, Joy, Gratitude,
Learning, Freedom, Balance, Connection,
Honesty, Integrity...**

Eliciting Values

Why is the issue of death and dying important?

What are the values behind it?

What is most important around it for me?

What is a deeper value behind this for me?

Steps

- 1. Explore your own values.**
- 2. Use the questions presented previously.**
- 3. What are 3 values you consider of importance?**
- 4. What does each value mean to you?**
- 5. How would you know you are living this value in your life?**

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THIS MATERIAL IS PART OF THE ONLINE TRAINING PROGRAM ALIVE IN DEATH. FOR THE FULL PROGRAM VISIT [HTTP://ALIVEINDEATH.CA](http://ALIVEINDEATH.CA).