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Values in action!

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This toolkit invites young people to explore and reflect on their personal values and their role in shaping meaningful careers and relationships. Through interactive activities, participants will deepen their understanding of sustainability and develop strategies to align their values with their actions in everyday life.

[Related Module: Module 3 - Self-Reflection in Life Choices →](#)

Toolkit Overview ▼

Topic or issues covered

- Definition of values
- The importance of personal values
- The value of sustainability

Aim of activities

The aim is to inspire and motivate young people to discover and live by the values that matter to them. We believe that through awareness and reflection on values and sustainability, young people can grow into responsible, empathetic and proactive citizens.



Learning objectives

- Identify opportunities and resources for sustainable careers in their local areas.
- Develop skills to assess personal priorities and values for career and life choices.
- Reflect on personal work-life balance or integration and determine individual preferences.
- Align long-term career goals with opportunities that support sustainability and personal well-being.

Target group

15-30 years old

Brief summary of active and participatory methodologies used

All the activities proposed in this toolkit include active and participatory methodologies such as group work, participative discussion and brainstorming.

Quality standard checklist

- ✓ **Sustainability:** this activity promotes behaviours and practices that respect the environment and are sustainable in the long term.
- ✓ **Personal growth:** offer opportunities for the personal and professional development of young people, helping them discover and cultivate their talents and passions.
- ✓ **Green Values in career:** this activity promotes an idea of career orientation that considers ecological values and environmental sustainability, and encourages the adoption of eco-sustainable work practices.

Activity 1

WHAT IS A VALUE?

 Estimated Time 20 Minutes

A collaborative exploration of the concept of 'value' through brainstorming, discussion, and comparison with formal definitions.

Materials and equipment required:

- Sticky notes
- Pens for participants
- Poster board
- Poster with the dictionary definition
- Marker pens

Description of the activity:

The trainer tries to bring out the group's imagination related to the word 'value' and asks the group: If I say the word 'value', what comes to mind? Participants share their ideas in a discussion or by writing the related words on post-it notes that are attached to a poster board.

The facilitator reads the collected notes, and after a general overview asks participants what they think the DEFINITION of 'value' might be.

Once they have defined what 'value' means to the group, the facilitator reads the Dictionary definition (Cambridge University Press & Assessment 2026):

“the importance or worth of something for someone.”

And he/she asks:

- In your opinion, is this an appropriate definition?
- Is it what you thought of during the ice-breaker?
- Are there elements that emerge in this definition that you had not considered?

After reflecting on a common definition, you will try to understand which particular values are important to the group members.



Tips for Youth Workers:

- It is important to be facilitators of the discussion, thus letting the group reason before giving the dictionary definition.
- Value the contributions and ask for further explanation if required.

Activity 2

DO I KNOW MY VALUES?

 Estimated Time 30 Minutes

A reflective exercise to identify personal values and explore their relevance in the professional world through group discussion and analysis.



Materials and equipment required:

- "Do I know my values?" cards - [Download](#)



Description of the activity:

Divided into small groups, participants are given the 'Do I know my values?' card of the self-reflection tool. Groups then select relevant values and sort them into IMPORTANT and VERY IMPORTANT.

Once the group work has been completed, the facilitator encourages a discussion between the groups about which values they share. The facilitator then introduces the topic 'job market' and values, asking the group some guiding questions:

- In your opinion, are the values you identify with suitable for the world of work?
- Do you think that values and work are two separate things or are they somehow connected?
- How could you bring the values you believe in into the world of work?
- What compromises do you think you are capable of making?



Tips for Youth Workers:

It is important to make sure that everyone is able to contribute. If there are people who are struggling to intervene, you can use a 'dialogue object' (any object that gives the person holding it the power to speak. Once they have finished speaking, they pass it to the next person).

Remind the group that there are no right or wrong answers, but that it is a free space for discussion without judgement.

Activity 3

THE VALUE OF SUSTAINABILITY

 Estimated Time 30 Minutes

A group exercise exploring practical ways to incorporate sustainability into various professions through role-playing and creative problem-solving.



Materials and equipment required:

- Pens for participants
- Poster board



Description of the activity:

The facilitator proposes that participants work on a common example to reflect about values: the value of sustainability.

Divide participants into small groups assigning them a hypothetical job. Groups then try to find practical strategies and methods to introduce the value of sustainability into the job they have been assigned.

Hypothetical jobs that can be assigned to groups:

- **Hairdresser/Beautician** (can use sustainable products, with recyclable packaging, be careful how much waste they produce)
- **Company Manager** (introduce guidelines on the use of paper in the company, manage the company canteen sustainably, encourage smart working or sustainable

mobility to the workplace)

- **Grocer/Baker** (use local products, pay attention to product packaging in the shop)
- **Teacher** (promote routes with children that talk about sustainability, travel to school by sustainable means, pay attention to the use of the interactive whiteboard in the classroom, promote proper waste disposal in the classroom)



Tips for Youth Workers:

- It is important to create a good environment of collaboration within the groups and to facilitate the discussion in order to include every participant.
- Involve young people in reflecting on different jobs or in finding very specific jobs in which can integrate the value of sustainability.

Career Gardeners - Growing sustainable careers in times of crisis

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