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| ABOUT  Photo of Monica Kerik MONICA KERIK  Monica Kerik is a TEDx Speaker and Executive Mental Health Coach with over 4,100 hours of experience helping individuals cultivate mindful, balanced, and fulfilling lives.  Certified by the International Coaching Federation, Monica specializes in well-being, resilience, stress management, emotional regulation, leadership development, effective communication, and career growth. Monica’s coaching approach combines curiosity, empathy, and thought-provoking questions to foster genuine growth in areas such as mental well-being, relationships, self-confidence, and work-life balance.  Her 15-year career in Account Management and Strategic Planning for top advertising agencies in Mexico City, London, and New York, along with her travels to 45+ countries, have given her a deep intercultural, interracial, and interfaith understanding. She holds certifications in Buddhism, Meditation, Positive Psychology, Therapeutic Techniques, and Organizational Leadership, bringing a unique mix of strategic thinking and evidence-based insights to her coaching practice.  Monica is also a volunteer with Action for Happiness, a movement committed to building a happier, more caring society. She hosts the Ser Humanos podcast, offering actionable tools and inspiring conversations to support personal growth. Through her TEDx talk and trainings, Monica shares messages of resilience and well-being, inspiring audiences to embrace meaningful change. |





LEADERCAMP

## ALIGNING YOUR LIFE AND CAREER WITH YOUR CORE VALUES

WITH

MONICA KERIK

MARCH 27, 2025

Understanding your core values not only clarifies your decision-making, but also empowers you to set meaningful goals that align with your aspirations. Through guided reflections, self-assessment exercises, and actionable strategies, you’ll learn how to identify and prioritize the values that resonate deeply with you. Whether you’re navigating career transitions, seeking stronger relationships, or striving to make a greater impact, this Leadercamp will equip you with tools to align your actions and goals with your core values.

Monica Kerik’s *Aligning Your Life and Career with Your Core Values* Leadercamp is designed to help you connect with what truly matters most in your life. This practical and inspiring session will guide you in discovering, exploring, and leveraging your core values to create a purpose-driven plan for your personal and professional growth.

PARTICIPANTS WILL LEARN TO:

* Understand the difference between personal and company values, and why alignment matters.
* Reflect on personal experiences to identify their unique core values.
* Assess how well they are living in alignment with their values, and identify areas for improvement.
* Select 5 core values that serve as a foundation for their decisions and goals.
* Create values-based, actionable habits and goals for personal and professional growth.
* Understand the relationship between Values, Needs & Boundaries.
* Leverage their core values as a guiding framework for impactful decision-making.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the Monica Kerik, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***ALIGNING YOUR LIFE AND CAREER WITH YOUR CORE VALUES***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, click on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. What were some of the key takeaways from Monica Kerik's Leadercamp?
2. How can understanding the difference between personal and company values help in aligning your actions and goals with your core values?
3. How can you assess how well you are living in alignment with your values, and what are some areas for improvement?
4. What are some of the foundational core values that can serve as a basis for making decisions and setting goals?
5. ****How can you create values-based, actionable habits and goals for personal and professional growth?
6. What is the relationship between values, needs, and boundaries, and how can leveraging your core values help in setting healthy boundaries and meeting your needs?
7. How can you apply the concepts and strategies you learned to your own life and career to create a purpose-driven plan for growth and fulfillment?