

Workplace Wellbeing

Value & Purpose

Value and Purpose help us grow and develop as individuals by representing the things that are important to and have meaning for us. This module explores how both value and purpose influence our professional lives and the ways in which you can add value to the lives of others.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:06)

English Subtitles

10 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Finding purpose in life means working towards what you want, while removing the things that you don't want.
2. Don't compare yourself to others as everyone is different, instead focus on your own aims, values and purpose.
3. Remember, life is a journey and not a destination, it should be enjoyed along the way.

