



Connected & Grounded

Session 3: Values That Strengthen Connection

Connection without values is like a boat without a rudder

Leading with Integrity in Your Relationships

If our relationships are the ocean, then values are the rudder. Without them, we drift—reacting instead of leading, surviving instead of thriving

“Integrity is choosing courage over comfort.”
– Brené Brown)



What Values Guide Your Interactions?

If I followed you around for a week and muted all your words, what would your actions say about your values?

Teaching Point:

- Values are not what we say, but what we do.
- In relationships, they show up in how we speak, listen, and respond.

Examples of Values:

- Respect
- Presence
- Honesty
- Compassion
- Playfulness
- Loyalty



Conflict, Honesty & Respect

Think of conflict like fire. Values are the difference between it burning your house down or warming your home.

Think of a recent conflict: What value did you protect? What value did you abandon?

What do you do when your values are challenged?



Men's Health Context:

- Men die nearly 5 years earlier than women on average.
- Men are more likely to die from heart disease, cancer, liver disease, and suicide.
- 1 in 2 men will develop cancer in their lifetime.
- Men account for 80% of suicide deaths in the U.S.
- Men are significantly less likely to seek medical care, therapy, or preventive health services.

Additional Health Stats:

- Heart disease is the leading cause of death among men.
- 1 in 3 men have high blood pressure, often undiagnosed.
- Men are more likely to engage in risky behaviors such as smoking, excessive drinking, and poor diet.

Barriers to Care:

- Social stigma around vulnerability
- Pressure to appear "tough" or unaffected
- Lack of routine screenings or preventive visits

New Strength Model:

- Strength = Asking for help, emotional openness
- Real courage = Living in alignment with values despite pressure

Humor Slide:

You know a man is sick when he says, 'I might go to the doctor.' That's code for: 'I think I'm dying.'

Activity: Personal Values Reflection

- Choose your top 3 personal values.
- Reflect: Which value do I honor most? Which one do I neglect?

Examples to Pick From:

- Integrity
- Compassion
- Joy
- Courage
- Faith
- Wellness
- Patience
- Connection

Which value do you want to lead with more often?

Group Discussion: When Values Are Challenged

Prompts:

- Can you love someone who doesn't share your top values?
- Have you ever compromised a value to keep peace?
- How do you realign after going off-track?

Core Message:

"Integrity doesn't mean being perfect. It means staying aware, aligned, and willing to course-correct."

Takeaway: Practice One Value with Intention

Don't just write your values in your journal—write them in your calendar.

Challenge:

- Choose ONE value.
- Name ONE action this week that reflects it.

Examples:

- Value: Patience → Action: Take 3 deep breaths before responding in conflict
- Value: Health → Action: Book your annual check-up



Closing Quote & Reflection

"Let's close with a short grounding meditation to anchor everything we've explored today. You are invited to simply be—no pressure, no performance—just presence."



Books

On Values & Integrity in Relationships:

"The Gifts of Imperfection" – Brené Brown

- Core themes: Courage, compassion, connection, and authenticity.
- Great for both men and women learning to live from their values.

"Dare to Lead" – Brené Brown

- Explores vulnerability as courage, especially in leadership and tough conversations.
- Excellent framework for group discussions on values under pressure.

"The Four Agreements" – Don Miguel Ruiz

- Practical, spiritual principles for living with integrity and respect.
- Agreements: Be impeccable with your word, don't take things personally, don't make assumptions, always do your best.

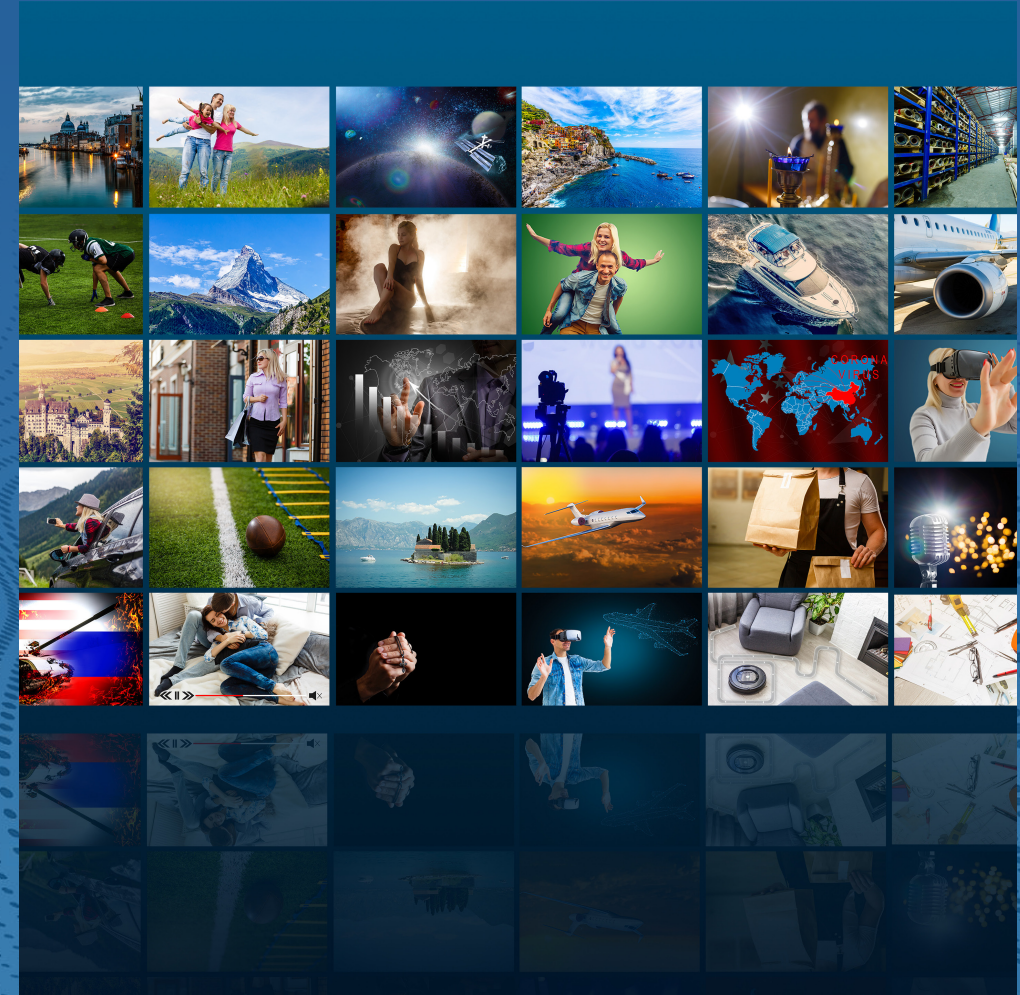
"Man Enough: Undefined My Masculinity" – Justin Baldoni

- An honest, heartfelt look at emotional openness and redefining strength.
- Very relevant to the men's health segment.



Videos / Documentaries / Talks

- On Living Your Values:
Brené Brown – “The Power of Vulnerability” (TED Talk, 20 min)
Watch on YouTube
 - A game-changing talk on shame, courage, and authenticity.
- Brené Brown – “Listening to Shame” (TED, 20 min) Watch on YouTube
- Helps us understand the power of values in confronting difficult emotions.
- Simon Sinek – “Start with Why” (TED Talk, 18 min) Watch on YouTube
- Explores how purpose and values align to drive behavior and connection.



Websites / Online Resources

- Greater Good Science Center at UC Berkeley → fantastic articles and practices on empathy, connection, vulnerability
- Brené Brown's Dare to Lead Hub → great resources on vulnerability, connection, leadership
- ManKind Project → programs and resources for men building healthy relationships and authentic masculinity



Thank You & Q&A



Meditation

