

**Eszter Komondy**

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Hungary

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**Workshop title:**

„DEFINING YOUR INNER BEACONS IN UNCERTAIN WATERS”

**Duration:** 1 h 45 mins on Wednesday, 1 h 30 mins on Friday

**Goal of the workshop:**

1. Defining personal values and understanding how they act as beacons in uncertainty
2. Understanding differences in the perception of values depending on the person
3. Experiencing how shared values in a group support connection and stability

**Concept:**

If you join our workshop, you will experience and explore your values through different sensory perceptions: words and beyond. We will also be working with shared values in a group/team – and exploring intercultural and intergenerational value differences.

**Learning outcome**

1. You will be able to identify and create your own values and how they look like in real life
2. You will receive a deeper understanding on how your values support you in uncertainty
3. You will receive an approach/tools/methodology on how to work with values in your own supervision practice

**Profile**

*Eszter Komondy*

As for Eszter’s certificates, she is an organisational development expert, soft-skills trainer, coach, and supervisor. All these roles motivate, fuel, charge and challenge her. And as for her heart, she has an inherent passion for supporting the overall well-being of others, and she is genuinely interested in their opinions, questions, fears and challenges. She believes we are all the same, but in a different way, we share common values and aspirations. For her, creativity, resilience, growth and connection are essential values. Let’s find out what values we share together.

*Zsolt Olajos*

Zsolt is a keen learner and an advocate for life-long learning. His main personal values are (among others): curiosity, connection, contribution. As a supervisor, coach and trainer he believes that everybody deserves a safe place where they can connect to themselves and to others – learn and develop. His focus areas are “professional” wellbeing, leadership and team development and burnout prevention through (re)defining values and purpose. We all need beacons in the vast ocean of life – let’s sail together to explore them.