



Exploring our mental and emotional values

session 2

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Few Reminders

- GET YOUR JOURNALS READY
- LEAVE QUESTIONS IN CHAT
- CHECK WEBSITE LATER FOR MATERIALS

Our Team

**Josephine
Nketiah**
Facilitator

**Johanna Ntow -
Atiemo**
Assistant Facilitator

Jacinta Kwao
Assistant Facilitator

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JOSEPHINE NKETIAH

Jo is professional mental and emotional health coach from an ICF accredited coaching institution, Erickson Coaching International, Canada. She is also an adoption coach in training with the Growing Intentional Families Together, (G.I.F.T) ; An Adoption coaching firm in Minnesota. She works as a medical sonographer by profession and resides in Ghana- West Africa. She is lover of plants, country music and a great fan of institutions like Homeboy Industries by Father Greg Boyles and Thistle Farms by Becca Stevens. Jo is a huge fan of the Onsite Living Centered program in Nashville and take a lot of inspiration from their mental wellness institution and has a vision of having similar in Ghana.



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JOHANNA NTOW-ATIEMO

Johanna is a dynamic professional with a psychology major, who served as an assistant clinical psychologist at Tema General Hospital and Korlebu.

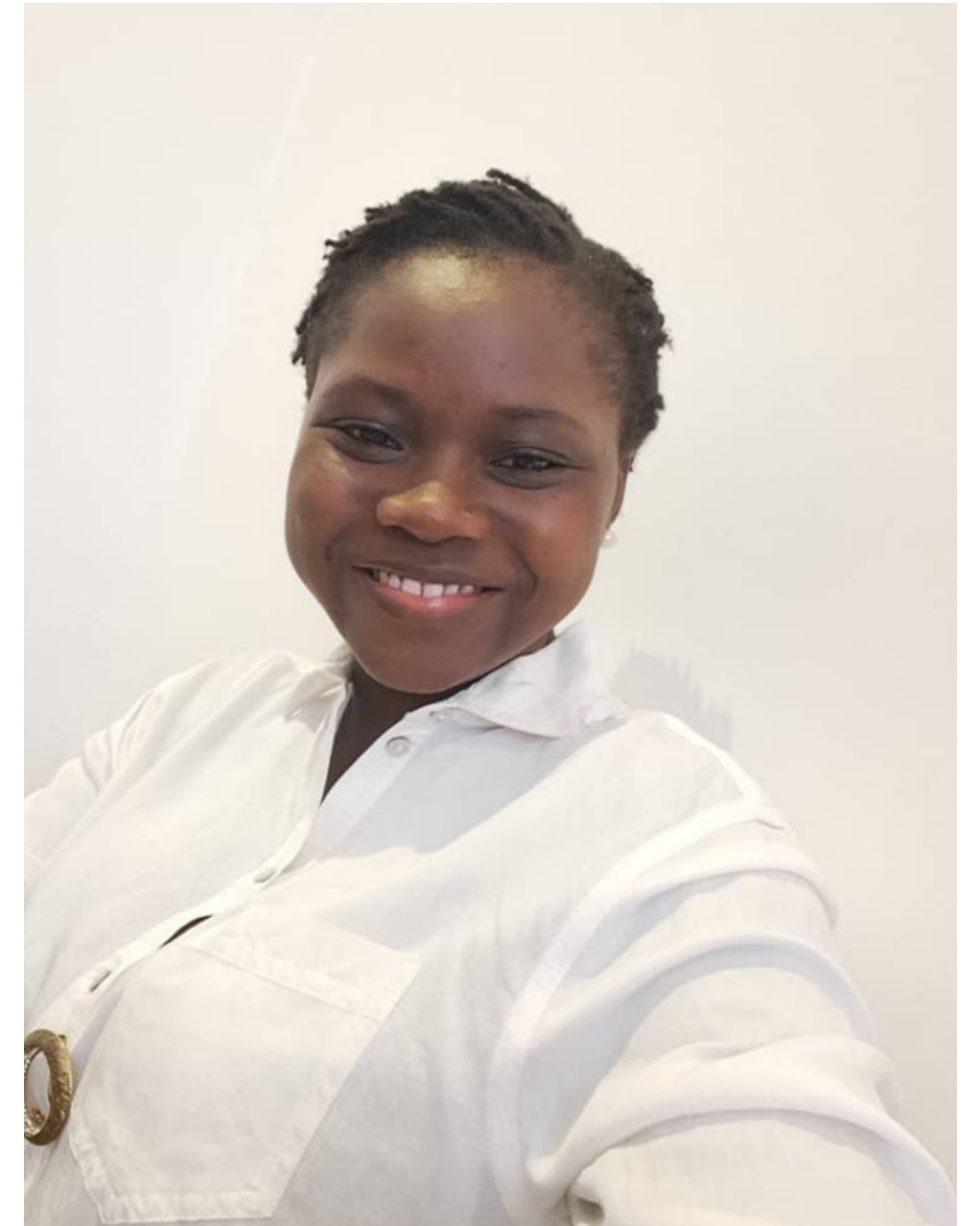
Johanna's expertise and dedication makes her a valuable asset to the realm of mental health, combining a strong academic background with practical experience in two prominent healthcare institutions.

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JACINTA KWAO

Jacinta is passionate about contributing to a world where everyone can live to their fullest potential. She enjoys very stimulating conversations that interrogate the conventions and norms of society, and she seeks to create a unique path for herself. She interned as a lay counsellor with the Saint Joseph Hospital, Nkwanta and currently works as a Technical Advisor on a regional project “ECOWAS Peace and Security Architecture and Operations (EPSAO).” Her work focuses on strengthening the Organizational Development and Institutional Sustainability efforts of partner institution. She holds a Masters degree in Gender, Peace and Security, a Bachelor of Science degree in Psychology, Certificates in Project Management in International Cooperation, Set-up and Management of Multistakeholder Partnerships and an Executive Certificate in Forensics, Security and Investigative Psychology.



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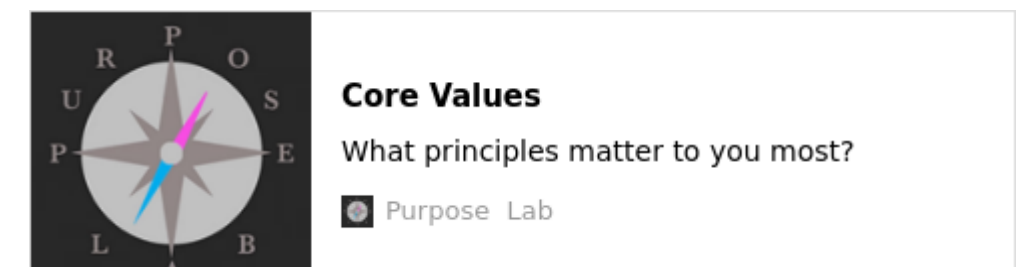
OUTCOME

**To recognize and
Create our own
mental and
emotional values**

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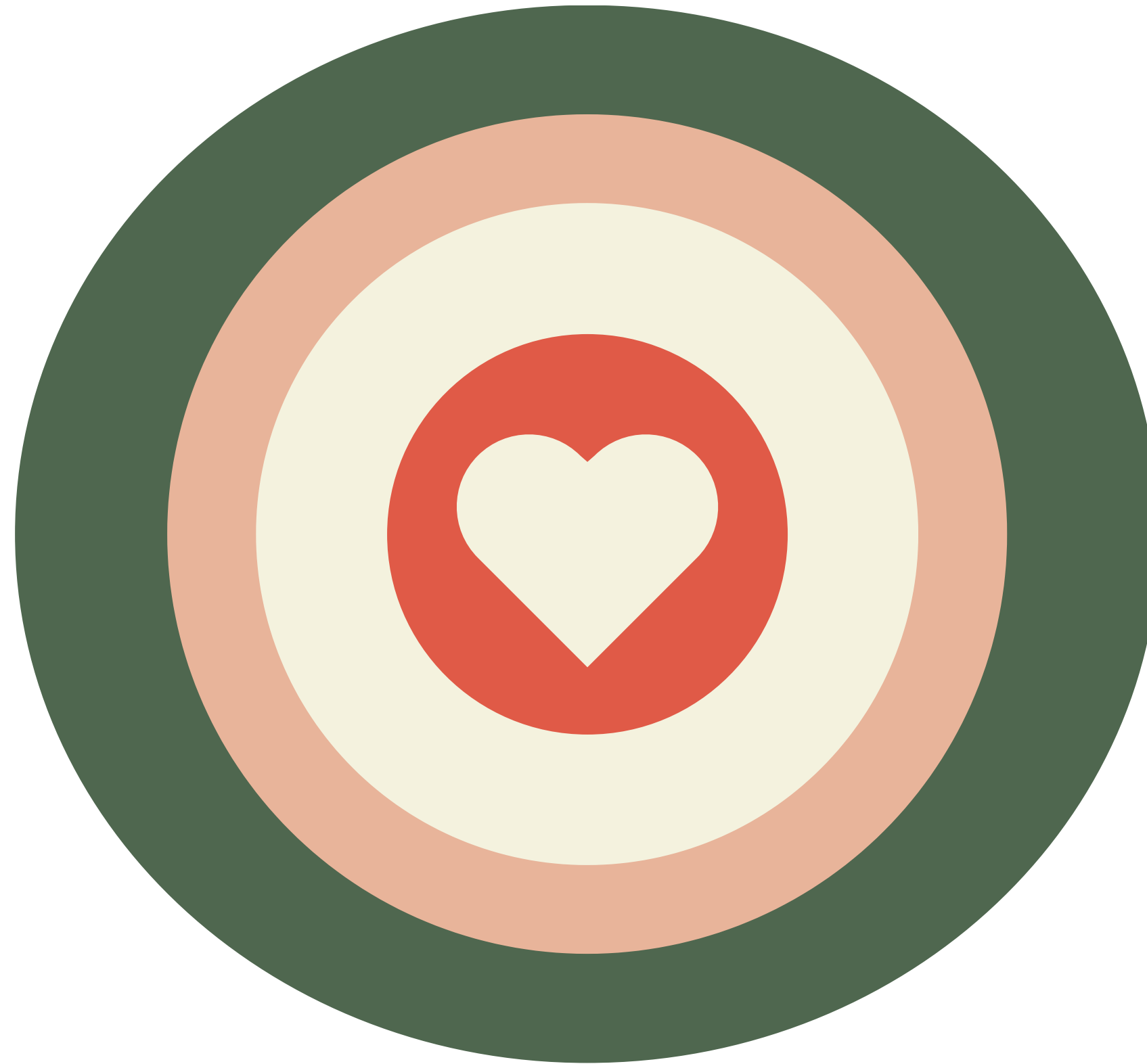
Core values are the essential higher-level beliefs and ideals that people hold to be true about themselves and the world (Schwartz, 2012). We learn and internalize core values from formative relationships, cultural backgrounds, and specific lived experiences (Smolicz, 1981). When these values are internalized, they shape self-concept (Hitlin, 2003), as well as one's actions, behaviors, and decision





CORE VALUES

What is important to us

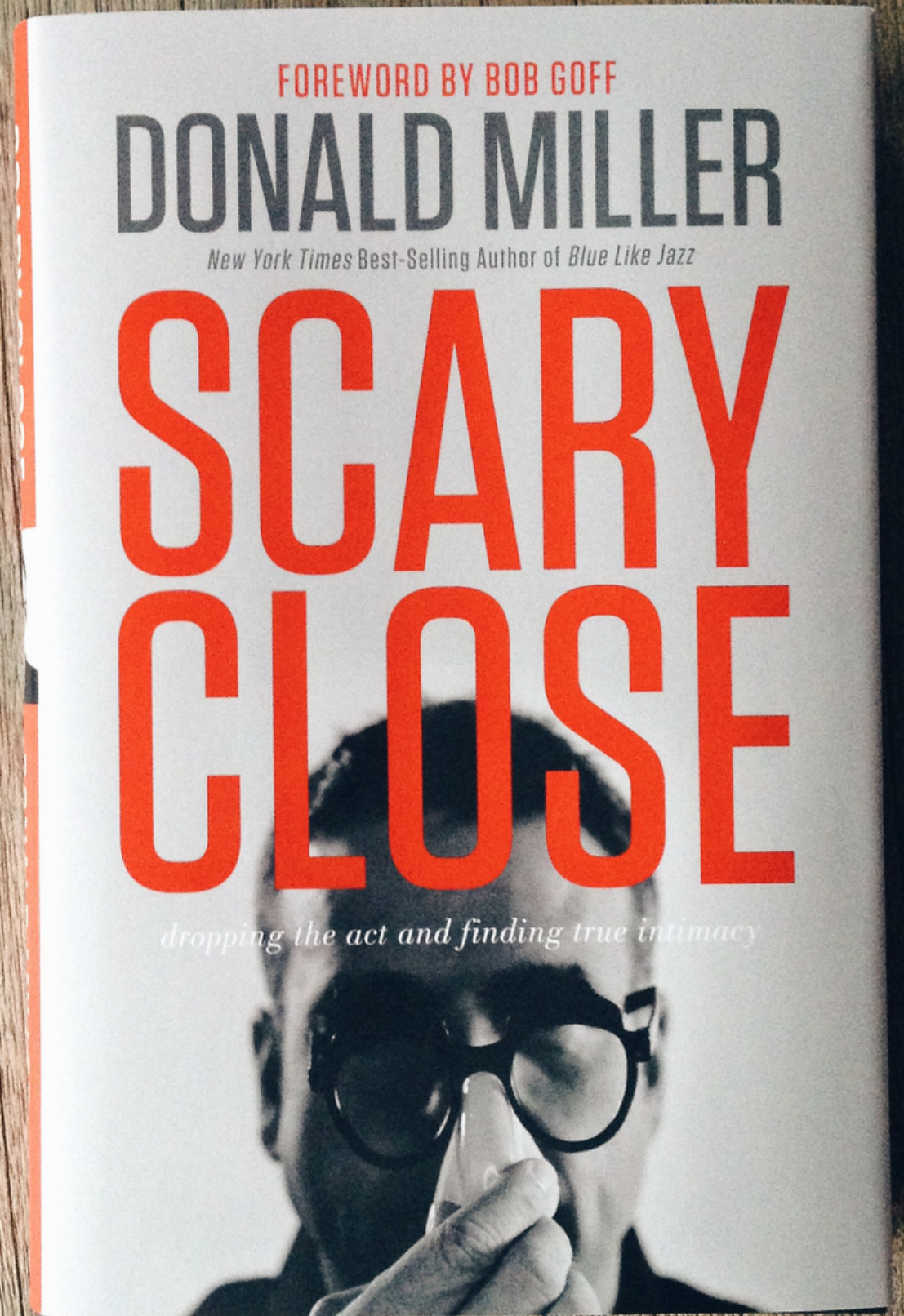
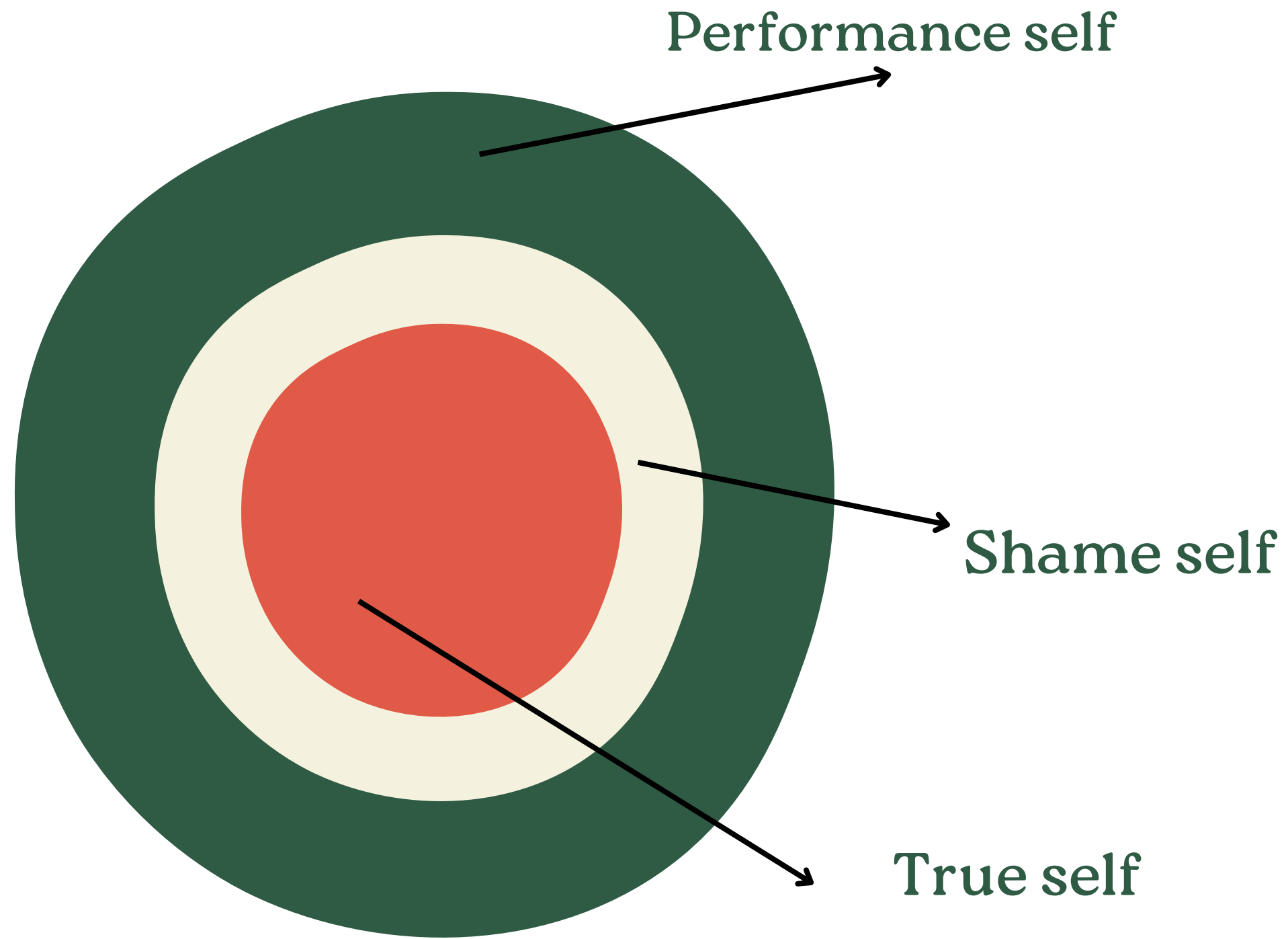


At the Core

Sometimes the story we are telling the world isn't half as endearing as the one that lives inside of us.

_Don Miller
(Scary close)

The 3 stages of self



I was a self, covered in shame and
hiding behind an act.

_Don Miller
(Scary close)



1

unique

100%

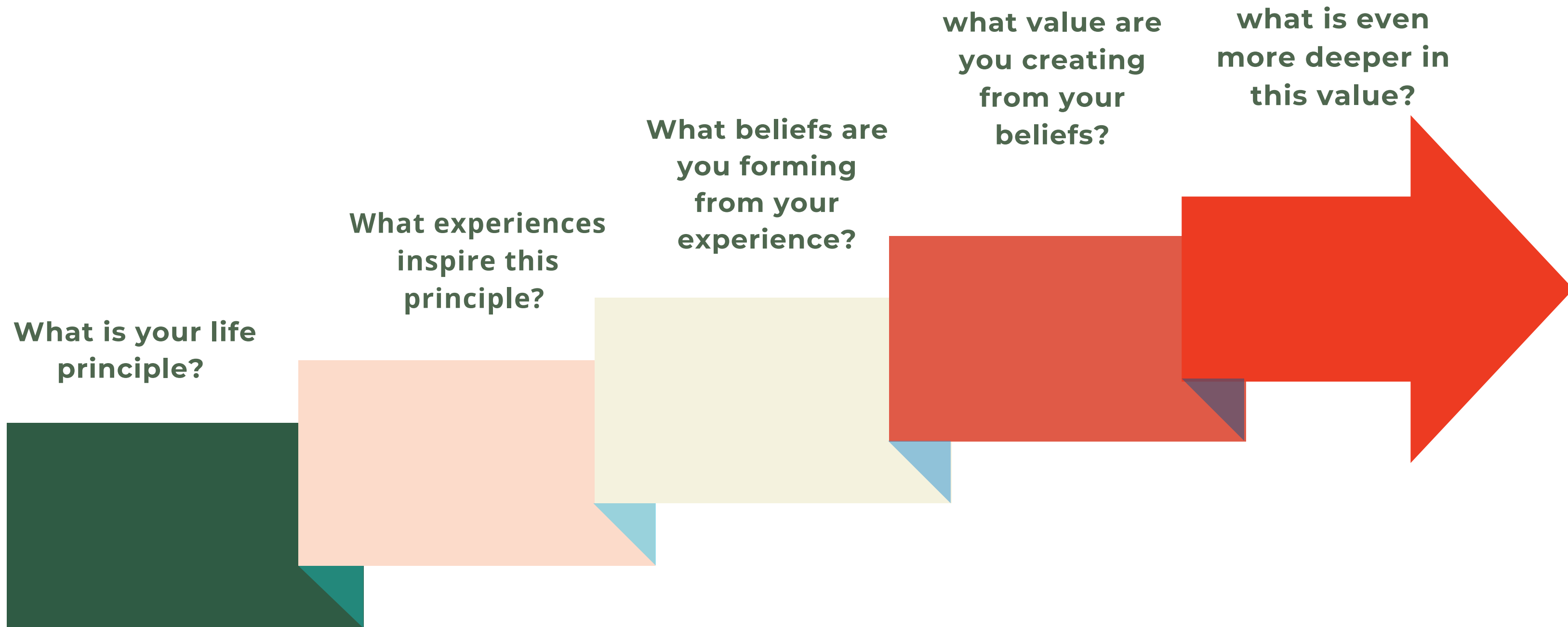
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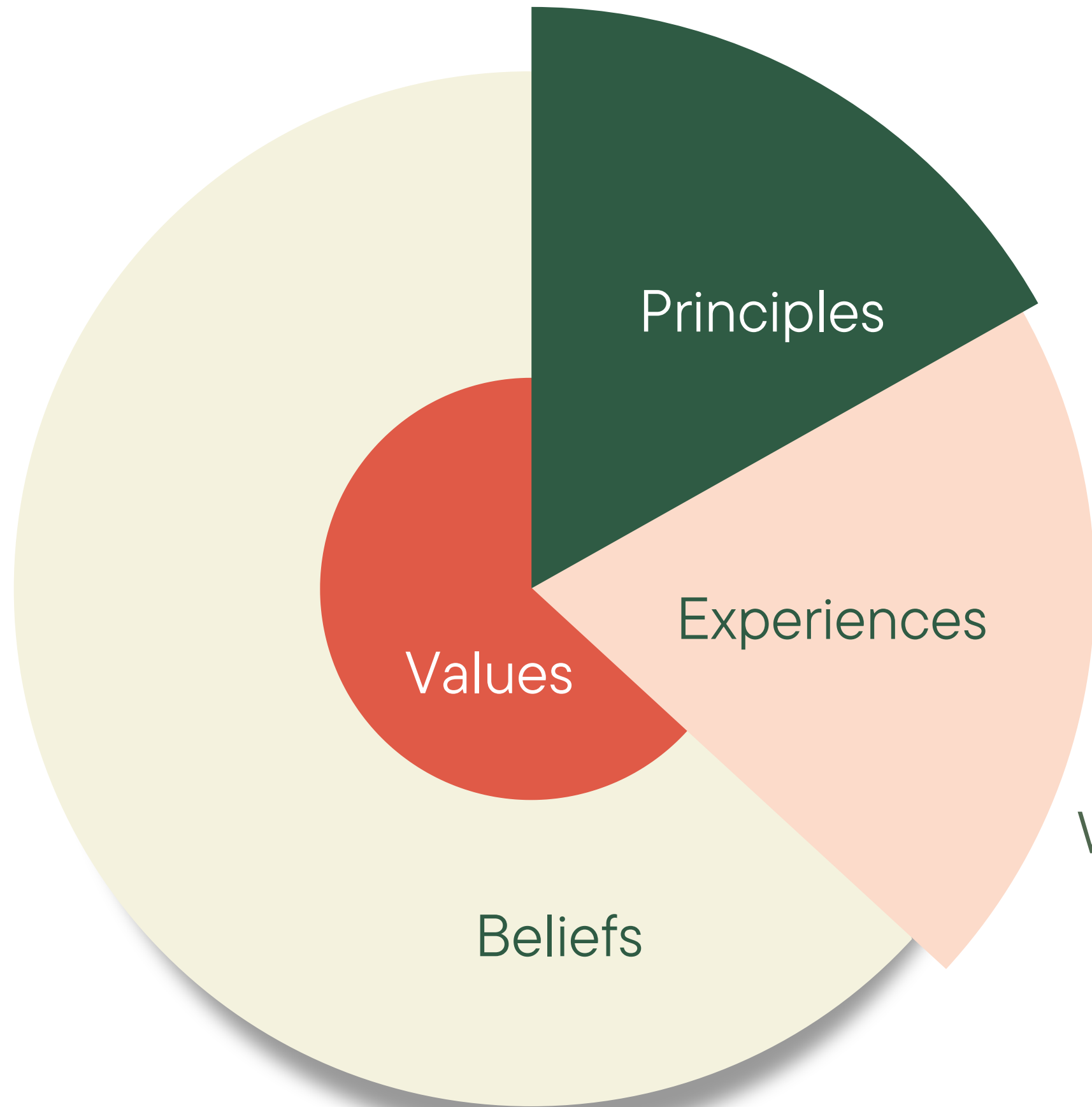
8.1 billion

people in the world

CREATE A PROCESS TO ESTABLISH VALUES

5-Step value Process





Unravel the Core

What is even deeper beneath our beliefs ?



BREAKOUT SESSIONS

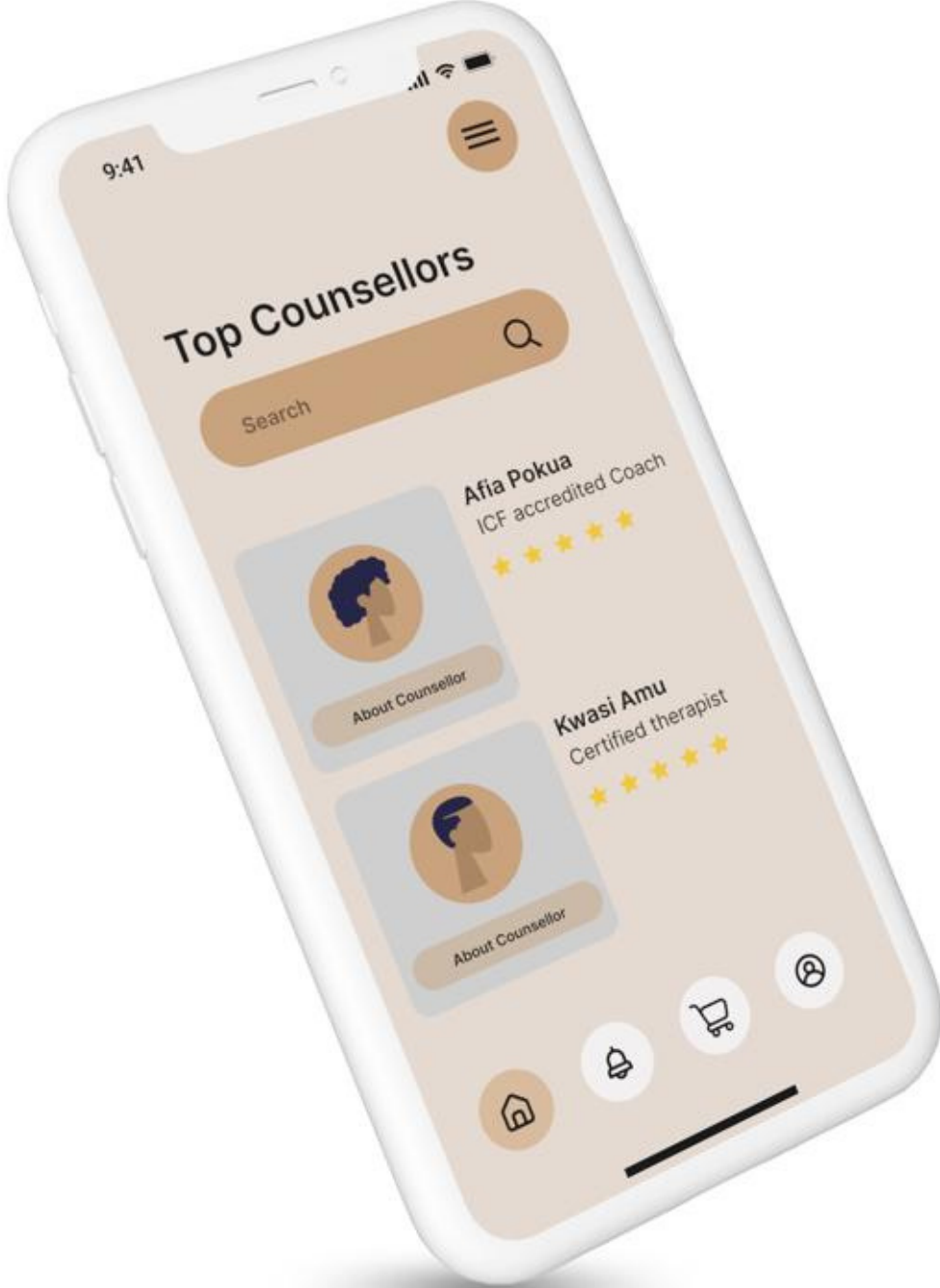
CREATE A SAFE SPACE FOR YOUR PARTNER TO SHARE

What awareness are
you creating for your
own values



Restore.

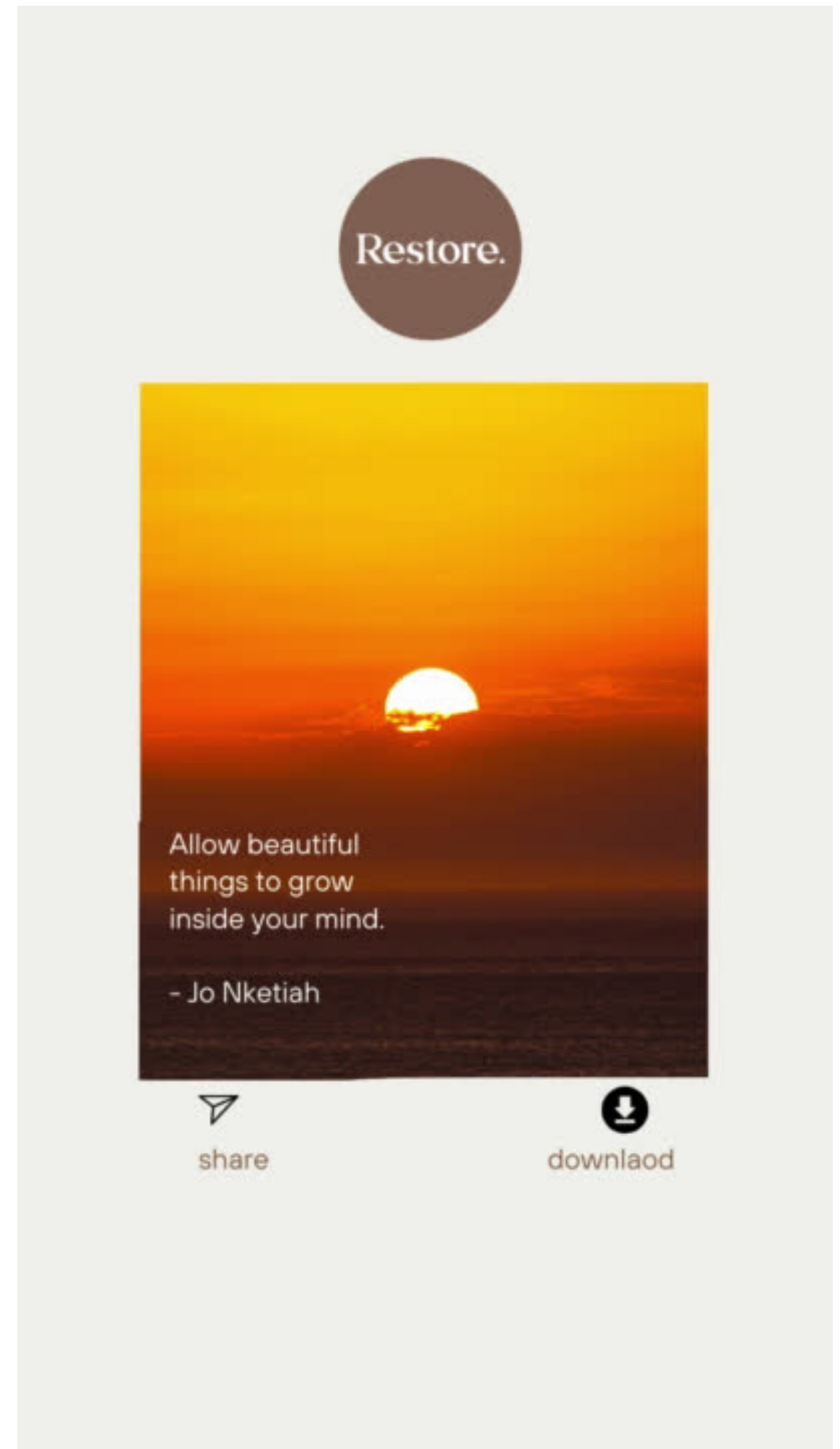
COMING SOON



VOLUNTEER WITH US

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