

# Recognising Your Value Training

For more information, visit our [Recognising Your Value Training](#) webpage.

## COURSE CONTENTS

This training course is broken down into 2 sections

- 1 Ikigai: A Japanese Philosophy
- 2 Finding Your Ikigai

## LEARNING OUTCOMES

- ✔ Understand the importance of recognising value in yourself
- ✔ Understand how to formally recognise your own value
- ✔ Learn about the benefits of recognising your own value

## ABOUT THIS COURSE

There are a number of ways that you can recognise your own value and the benefits that this can bring in both your personal life and at work. You might identify your value through your relationships, your happiness, your purpose or many other things.

This course will look into the Japanese philosophy of Ikigai. There is no direct English translation, but it's a term that embodies the idea of happiness in living, or your reason for getting up in the morning. It is composed of two words: iki, meaning life and gai, describing value or worth. Westernised cultures have interpreted this philosophy into the Ikigai Venn diagram comprising of; what you love, what the world needs, what you can be paid for and what you are good at.

This training is suitable for all levels of employees. Employers, managers, supervisors and employees alike should be aware of their value and in turn it could create a more supportive workplace culture.