

BREAKING GROUND:

A half-day values workshop to explore what's next

WHEN & WHERE

Saturday,
October 24, 2026

9:30 am to 12:30 pm

Stanley A. Milner Library,
Edmonton

\$150 + GST

Values Bridge assessment
included

Register by emailing:

kristy@kristypayneconsulting.com

FACILITATED BY

Kristy Payne, MBA

Kristy has more than 20 years' experience leading teams and communications across multiple sectors. She holds a BComm from the University of Alberta, an MBA from Queen's University, a Masters Certificate in Organization Development & Change from York, and is a Certified Becoming You Practitioner.

kristypayneconsulting.com



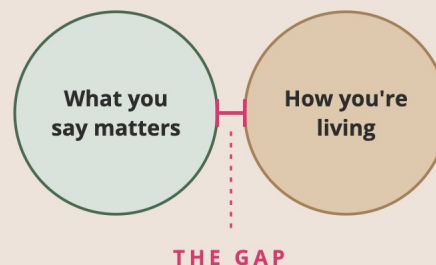
You can build a life that looks right on paper
and still find yourself wondering:

*Is this actually
what I want?*

- Maybe your first definition of success has stopped feeling like success, and you feel stuck.
- Maybe you're ready to reconsider the next chapter of your life or career, but can't yet see its shape.
- Or maybe you just want the space to imagine a life that feels more like you.

THE METHOD

In this workshop, we start with your data.



Before we meet, you'll complete the Values Bridge, a short validated assessment from the Becoming You methodology developed by Suzy Welch at NYU Stern. It measures what you value and **the gap between what you say matters and how you're actually living.** Together, we'll unpack the results and work through exercises and reflections to deepen your understanding around the gap(s) and opportunities ahead.

YOU'LL LEAVE WITH

- 01 Your core values, named and rank-ordered
- 02 An honest measurement of how fully you're living each one
- 03 A simple, personalized filter for the decisions in front of you

FOR MID- TO LATE-CAREER INDIVIDUALS CONSIDERING A NEW WAY FORWARD