



Amanda Rocheleau Counselling and Consulting  
Registered Social Worker \* Compassion Fatigue Specialist

### Personal/Professional Values

Accountability	Discretion	Humility	Respect
Accuracy	Diversity	Humour	Restraint
Achievement	Dynamism	Improvement	Results-oriented
Adaptability	Economy	Independence	Risk-taking
Adventurousness	Effectiveness	Ingenuity	Security
Altruism	Efficiency	Initiative	Self-actualization
Ambition	Elegance	Inner Harmony	Self-control
Assertiveness	Empathy	Inquisitiveness	Selflessness
Balance	Enjoyment	Insightfulness	Self-reliance
Belonging	Enthusiasm	Integrity	Sensitivity
Boldness	Equality	Intelligence	Serenity
Calmness	Excellence	Intuition	Service
Carefulness	Excitement	Joy	Simplicity
Caring	Expertise	Justice	Soundness
Challenge	Exploration	Leadership	Speed
Cheerfulness	Expressiveness	Legacy	Spontaneity
Clarity	Fairness	Listening	Stability
Clear-mindedness	Faith	Love	Strategic
Commitment	Family	Loyalty	Strength
Community	Fidelity	Making a difference	Structure
Compassion	Financial stability	Mastery	Success
Competence	Fitness	Merit	Support
Consistency	Fluency	Obedience	Teamwork
Contentment	Focus	Openness	Temperance
Contribution	Forgiveness	Order	Thankfulness
Control	Freedom	Originality	Thoroughness
Cooperation	Fun	Patience	Thoughtfulness
Correctness	Future	Perfection	Timeliness
Courage	Generosity	Perseverance	Tolerance
Courtesy	Goodness	Positivity	Traditionalism
Creativity	Grace	Practicality	Trustworthiness
Curiosity	Growth	Preparedness	Truth-seeking
Decisiveness	Happiness	Professionalism	Understanding
Democracy	Hard Work	Prosperity	Uniqueness
Dependability	Health	Prudence	Unity
Determination	Helping Society	Quality-orientation	Usefulness
Devoutness	Holiness	Reasonableness	Vision
Diligence	Honesty	Reliability	Vitality
Discipline	Honor	Resourcefulness	Well-being