

Lala Lajpatrai college of commerce and economics, Mumbai

LVE Facilitator: Toral Shah

Topic: Values-based Leadership and Mental Well Being

Date: 12/09/2025

Duration: 30 mins



Young adults are the foundation of a nation. It is crucial to talk about the mental well-being of young adults, at the time when social media, print media and news channels are flooded with negative news every day, about young people committing suicide, or indulging in different kinds of crimes. It is pivotal to help young people find ways to be emotionally intelligent and resilient.

We are happy to receive an invitation from Lala Lajpat Rai College of Management for a half-hour Living Values session on Values-based Leadership and mental well-being. A successful session was conducted for 120 students. Below is the snapshot of workshop proceedings.

Objectives of the workshop:

- To explore personal values
- Encourage creative thinking, positivity, self-confidence and self-empowerment
- Appreciate our personal values, to see the interconnectedness of the various aspects of personal life, and
- To recognize the important role that our values play in determining the quality of our relationships and our achievements in life.

Toral Shah, the facilitator of the workshop, conducted two beautiful self-reflective exercises, helping the participants to explore and delve deeper into their personal values.

1. The participants were enabled to connect to their personal values by

- Reflecting on the qualities of a person who has influenced them deeply.
- Thinking of a special moment, when they discovered good about themselves, a quality they feel proud of.
- Remembering a time when someone said something good about your strength and values

Reflection of the students

“The person who has influenced me the most is my mother. She is incredibly patient and compassionate, even in stressful situations. I’ve seen her handle problems calmly without losing her temper, and she always tries to understand other people’s feelings before reacting”



“A special moment for me was when I volunteered to help organize a charity event at college. I didn’t think I was very good at leadership, but when I started coordinating with other students, handling last-minute issues, and keeping the team motivated, I realized that I can stay calm under pressure and help people work together.

“One of my professors once told me that I’m trustworthy and dependable. He said that whenever a group project needed someone to step up and take responsibility, I was always ready, and people felt comfortable working with me because they knew I wouldn’t let them down.”

2. Tree of My Life

The participants were asked to imagine how a tree and parts of the tree each might represent their life and the values they use in their life.

Roots of the tree – Which value is the foundation of your life?

Trunk of the tree – Which of your values support you and gives you strength in your life?

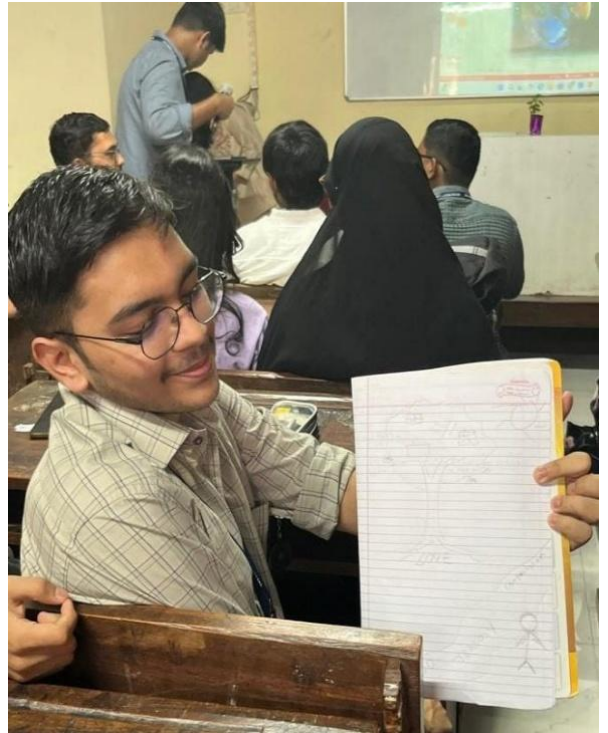
Branches of the tree – Which are the important areas in your life - Family, Friends, health, aspirations, hobbies, etc.

Leaves of the tree – Think about a quality or value of yours that you 'give' to others

Flowers of the tree – What is your special value? Your achievements and successes?

Hungry Insects – What are the insects in your life that prevent you from growing and flourishing to your full potential? A negative attitude or a habit?

Insecticide – What can you do or what value you can choose to destroy that insect?



Reflection of the students

Root: The foundation of my life is honesty. I believe that being truthful to myself and others helps me build trust and keeps me grounded, even when things are hard

Branches: The main areas in my life are family, friends, studies, health, and my hobbies like playing sports and listening to music. These help me stay balanced and happy.

Leaves: I always try to listen and support others when they're going through something tough. Being there for my friends and family makes me feel like I'm helping them even in small ways.

Fruit: My special value is kindness. I feel proud when people say that I'm approachable and easy to speak to.

The biggest insect in my life is procrastination. Sometimes I keep putting off tasks and then feel stressed when deadlines are near.

The way I can fight procrastination is by choosing self-discipline and time management.

Visualization

“I am a Strong Tree”

This activity was designed to help students connect to their core values, inner strengths, and resilience by visualizing themselves as a tree. It encouraged self-awareness, reflection, and the ability to stand strong in life’s challenges while staying rooted in their values/principles



Student’s experience of the visualisation exercise

This activity helped me realize how my values like honesty and perseverance keep me grounded during tough times. It showed me that my strengths, like staying disciplined and supporting others, help me grow even when life gets challenging. I also became more aware of distractions like self-doubt, and how choosing patience and optimism can help me overcome them. It was a great way to connect with myself and stay rooted in what matters most.
