



## What values do I need to work in social care?

Depending on the role, you may not always



## Demonstrating your values, behaviours and attitudes

You may not have experience of working in a social care role, but you might have other experience which demonstrates that you have the right values. You could draw on experiences from

- a hobby
- volunteering or work experience
- your home life
- a previous job (part time or full time)
- or from everyday living.

Have a think about some of the values and behaviours employers would like to see and write down examples of where you have used them.

Social care values	Your experience
<b>Spending time listening to people to get to know them</b>	
<b>Respecting people's right to make their own choices and decisions</b>	
<b>Accepting and thinking about any feedback you are given and learning from the feedback.</b>	

**Knowing your own limits  
identifying when you need help  
and support if you are feeling  
stressed**

**Understanding and respecting that other people have different priorities and needs**

**Giving people your full attention and helping people when they need it most**

**Being flexible and reacting calmly to whatever goes on in the day making changes as necessary**