

Ethics

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Nutrition Therapy Essentials

Short Version



ETHICS UNWRAPPED



Definition of Ethics:

- ▶ 1 *ethics plural in form but singular or plural in construction* :the discipline dealing with what is good and bad and with moral duty and obligation
- ▶ 2a :a set of moral principles :a theory or system of moral values the present-day materialistic *ethic*
 - an old-fashioned work *ethic*
 - —often used in plural but singular or plural in construction an elaborate *ethics*

(from Merriam-Webster Dictionary)

Who Represents Ethics?

- ▶ First person who comes to mind... who is it?
- ▶ Why do you think they are?
- ▶ Do you believe that Your Behavior can affect an ethical situation?
- ▶ Give me an example.

How are Unethical Decisions Made?

- ❖ “Why Ethical People Make Unethical Choices” - Harvard Business Review (12/16/16)
 - ▶ It is psychologically unsafe to speak up.
 - ▶ There is excessive pressure to reach unrealistic performance targets.
 - ▶ Conflicting goals provoke a sense of unfairness.
 - ▶ A positive example isn't being set.

The Four Agreements

- ▶ “Wherever you go you will find people lying to you, and as your awareness grows, you will notice that you also lie to yourself. Do not expect people to tell you the truth because they also lie to themselves. You have to trust yourself and choose to believe or not to believe what someone says to you.”
 - [Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom](#)
- ▶ “There is a huge amount of freedom that comes to you when you take nothing personally.”
 - [Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom](#)
- ▶ “Whenever we hear an opinion and believe it, we make an agreement, and it becomes part of our belief system.”
 - [Miguel Ruiz, The Four Agreements: A Practical Guide to Personal Freedom](#)

The Four Agreements

1. BE IMPECCABLE WITH YOUR WORD

- a) Speak only with integrity
- b) Say only what you mean
- c) Avoid using the Word to speak against yourself or to gossip about others
- d) Use the power of your Word in the direction of truth and love

The Four Agreements

1. DON'T TAKE ANYTHING PERSONALLY

- a) Nothing others do is because of you.
- b) What others say and do is a projection of their own reality, their own dream.
- c) When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

The Four Agreements

1. DON'T MAKE ASSUMPTIONS

- a) Find the courage to ask questions and to express what you really want.
- b) Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- c) With this one agreement, you can completely transform your life.

The Four Agreements

1. ALWAYS DO YOUR BEST

- a) Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick.
- b) Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.

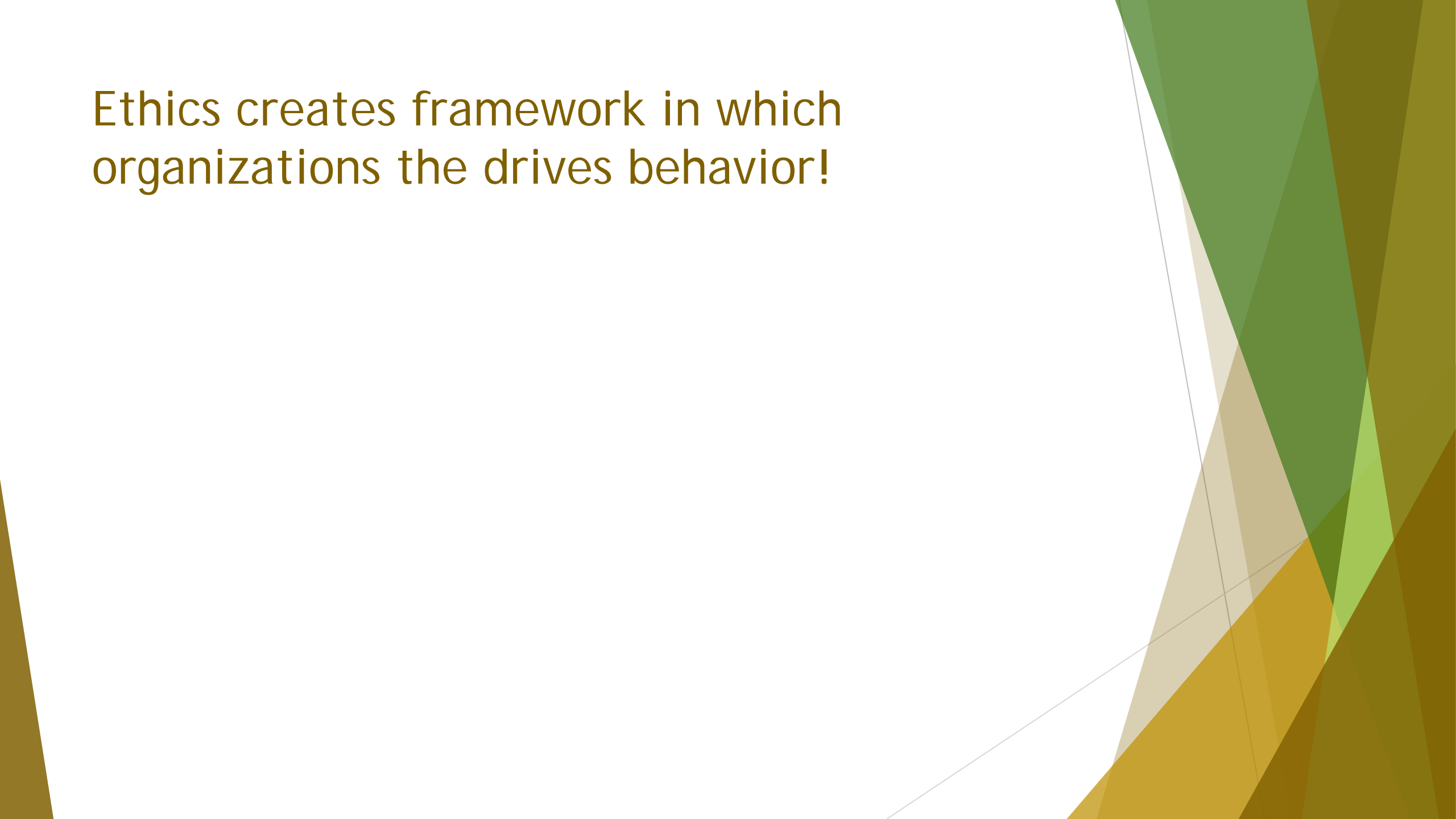
Brene Brown

- ▶ “ When the Culture of an organization Mandate that it is more important to protect the reputation of a system and those in power than it is protect the basic human dignity of individuals and communities, you can be certain that Shame is sysytemic, Money drives ethics, and accountability.”

What are my core Values?

- ▶ Identify Core Values Let's take some time to write them down. Examples: Accountability, Ambition, Humility, Grace, Learner.
- ▶ Sharing mine: Making a Difference, Resourcefulness, Courage, Authentic
- ▶ Do we live in our core values or are they airy aspirations we say?
- ▶ Core values are what drives ethics. Hmm you say?

Ethics creates framework in which organizations the drives behavior!



Questions?

