**Reflection 1: Report & Personal Professional Profile**

Ejiye Ibhawoh

Prof. Lorentz

IBH 3LD0A

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This weeks GVV workshop introduced a leadership framework that profoundly shifted my thinking about ethical decision-making and action. Unlike traditional approaches to ethics, which tend to focus on discerning right from wrong, GVV emphasizes how to act on our values effectively, even when we face opposition. This framework teaches that knowing the right thing isn’t always the problem, many of us have clarity about our values, but it’s the ability to voice them in difficult situations that often becomes the challenge. This distinction made me reconsider how prepared I am to stand up for my values in high-pressure environments.

One concept that particularly challenged me was the idea that simply having strong values doesn’t mean we’ll automatically act on them. The workshop highlighted that preparation is key. Many people fail to give voice to their values, not because they lack integrity, but because they aren’t equipped with the tools to do so in real time. This realization was uncomfortable for me. I’ve always believed I would stand up for what’s right, but the workshop made me question whether I’ve ever truly prepared for situations where I might need to do so. For instance, I reflected on past moments in group settings where I hesitated to voice my opinion due to fear of backlash. These situations made me realize that, despite holding strong values, I lacked the preparation to assert them confidently.

The workshop expanded my thinking about leadership by framing it as a practice of aligning actions with personal values, especially under challenging circumstances. It’s not enough to simply know what’s right—we need to practice how we will communicate and stand by our values in difficult situations. This insight was particularly valuable to me as someone preparing for a leadership role in a corporate environment. In business, ethical dilemmas can be subtle and layered with complex power dynamics. GVV equips us with strategies for these moments, encouraging us to rehearse how we would act, anticipate resistance, and develop allies who share our values.

What surprised me most about the GVV approach was the emphasis on scripting and practicing responses. The idea of rehearsing ethical actions was new to me. It made me think critically about the importance of preparation, not just in terms of technical skills but in developing the courage and clarity to express values under pressure. In moments of ethical tension, having a rehearsed response can make all the difference between freezing in uncertainty and speaking out with confidence.

As I move forward, I plan to integrate this practice of preparation into my own leadership development. I’m now committed to thinking ahead about potential ethical dilemmas I might face in professional settings and preparing scripts for how I would handle them. For example, if I find myself in a future business meeting where unethical decisions are being discussed, I want to have already thought through ways to voice my concerns constructively, framing them in ways that align with both my values and the company’s objectives. This foresight will help me avoid being caught off guard and ensure that I can contribute to a more ethical work environment.