



## **Virtues are the gifts of character**

*The Virtues Project™ was created in 1991 by three concerned individuals who made a commitment to do something to counteract the rising violence among families and youth. It has been used to awaken inner strengths of character in families and individuals in Canada and around the world. The Project was honoured by the United Nations as “a model global program for all cultures.”*

### **People who have benefitted from this seminar**

*...include couples, parents, youth, students, teachers, employees, human resource managers, counsellors, and people from faith communities of all kinds.*

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*The Virtues Project creates a gentle forum to share ideas and experiences. It is also a great vehicle to help you rethink how to deal with life's challenges.*

EMPLOYEE ATTENDING LUNCH-TIME  
SEMINAR SERIES

“

*What I gained was being positive and looking at things differently. I will be using the ‘language of virtues’ on a daily basis.*

•

*I learned about my own self-worth and feelings and felt a sense of peace.*

•

*I was thirsty for the positive words and found them to be very powerful.*

SOCIAL SERVICE COLLEGE STUDENTS

**Call Ros Macdonald**

**613-744-4768**

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**The Virtues Project™**

## **Awaken the Gifts Within**

**Integrity, joyfulness**

Seminar designed for individuals, couples, parents, youth, counsellors, teachers and faith communities of all kinds



**Ros Macdonald**

Certified Virtues Project Facilitator

**Centre for Counselling & Training**

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# The Five Strategies

OF THE VIRTUES PROJECT ([www.virtuesproject.com](http://www.virtuesproject.com))

# VIRTUES PROJECT

These strategies help us to live more authentic, purposeful lives, to raise children of compassion and idealism, and to create a culture of character in our schools and communities.

## Strategy 1: Speak the Language of Virtues

Language has the power to discourage or to inspire. Using virtues to acknowledge, guide, correct and thank awakens the best within us.



## Strategy 2: Recognize Teachable Moments

When we can learn from our mistakes, every stumbling block becomes a stepping stone.

## Strategy 3: Set Clear Boundaries

Boundaries based on respect and restorative justice create a climate of peace, cooperation, and safety in our homes, schools and communities.

## Strategy 4: Honour the Spirit

We sustain our vision and purpose by integrating virtues into our activities, surroundings, celebrations and the arts.

## Strategy 5: Offer Companionship

Being deeply present and listening with compassionate curiosity guides others to find clarity and to create their own solutions. It supports healing and growth.

## NEXT VIRTUES SESSIONS Awaken the Gifts Within

Saturday November 21, 1:00-3:30 pm  
Saturday January 16, 1:00-3:30 pm  
Saturday March 27, 1:00-3:30 pm  
Saturday May 8, 1:00-3:30 pm

*Fees: enjoy a "\$5 discount if you bring a family member/ friend" ...*

*\$30 Adults, \$15 youth and past Graduates (GST included)*

### Customized seminars are available

- **Awaken** the Gifts Within - Virtues Project Seminar Series
- **Raise** Children of Compassion & Idealism
- **Create** a Culture of Character
- **Respect** & Compassion: Ingredients for a Healthy Workplace
- **Awaken** Integrity & Joyfulness in Our Counselling Practice
- **Follow** Our Joy
- **Awaken** the Best in Ourselves and Our Partner

To register or for information on seminars, Virtues Cards or other materials...

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**integrity, compassion & joyfulness**