

# Why Virtues not Values?

## Why virtues? Why not values?

Virtues are simpler than values. Virtues are the qualities of our character. Values are whatever we consider important. We can value anything from money and power to the Golden Rule. Values are culture-specific, while virtues such as courage, honor, justice, and love are the common elements of character and spirituality universally valued by all cultures. We may practice them differently from one culture to another but we all value them.

## Is The Virtues Project™ connected with a particular Faith community or organization?

The Virtues Project is not about the practices or beliefs of any one religion. It is sourced in the teachings about virtues found in the sacred traditions of all cultures. Its purpose is to support all people, both those who are religious and those who are not, to awaken the virtues of their character.

## Is it a "religious" program?

The Virtues Project™ programs and materials are used by many secular organizations such as schools, health care agencies, and corporations to help create a positive culture of character. Diverse faith communities around the world also use the Virtues Project to enhance the cultivation of virtues and the authenticity of their spiritual practices.

## The word "spiritual" is used in Virtues Strategies. How are you defining it?

The word "spiritual" is contained in many educational mandates as a significant dimension of character education. The working definition of spirituality used in The Virtues Project™ is:

Having a sense of meaning and purpose

Living with integrity, according to a person's highest beliefs and values

Mastery of the virtues of our character

A sense of reverence for life and for all people

What products and materials do you offer?

Our programs and topics are designed for a wide range of audiences and are often developed to address specific issues and goals. They can take the form of an inspirational keynote for a conference, a workshop for teachers, parents or managers, a community violence prevention program, or a five-day Facilitator Training. See Local Workshops .

## Who can sponsor a Virtues Project program?

Virtues Project workshops and trainings can be sponsored by government agencies, corporations, social service agencies, community organizations, schools, or by individuals.

## How can I bring a seminar to my organization or community?

Contact us here: [rosmacdonald@charactereducationottawa.ca](mailto:rosmacdonald@charactereducationottawa.ca) or call (613) 744.4768

## What is a Virtues Project Facilitator?

A facilitator has had at least five days of training in the Strategies of the Project. They facilitate others learning about and practicing the virtues in their lives, either by informal sharing or by giving introductory workshops, such as in-service for teachers, parenting classes, youth workshops, corporate workshops or personal development retreats.

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