

The Virtues Project

CREATE A CULTURE OF CHARACTER AND CARING

The Virtues Project™ is a positive, simple, and effective program to bring out the best in ourselves and others, enhance learning and have happier and more gratifying lives.

- ◆ cultivate respect and responsibility
- ◆ build resiliency, authentic self-esteem and self-confidence
- ◆ manage anger and counteract bullying behaviour
- ◆ honour diversity, and develop unity and inclusion
- ◆ resolve conflict peacefully
- ◆ learn to set boundaries for healthy relationships and safety.

Calgary Workshops 2009

Dates: March 2 & 3, and 4 to 6 July 27 & 28, and 29 to 31 November 2 &3, and 4 to 6
Time: 9:00 a.m. to 4:30 p.m. each day

Awakening the Gifts of Character ~ 2-Day Introductory Workshop

In this workshop you will learn practical application of the four principles and five strategies of The Virtues Project.™ For individuals, families, educators, and community and business leaders. (this is a prerequisite for the 3-day Facilitator Programme)

Deepening in the Virtues ~ 3-Day Facilitator Programme

For those who wish to deepen in the The Virtues Project™. You will have the opportunity to work on a presentation to facilitate in your schools, workplace, community, or families. Bring out the best in yourself and others. Learn to live to your highest values.

Contact: Donna Ph. 403-282-1343, Fax 403-210-2913 heartswork@shaw.ca

Visit www.virtuesproject.com to learn more about 52 virtues and the five strategies for using them

Fee: \$250.00 for 2-day (prerequisite for 3-day) \$450.00 for 3-day. Add \$175.00 for the Facilitator's Manual (binder) and/or \$75.00 for the CD to the 3-day or 5-day payment. (Fee includes lunches, snacks and materials). Virtues Project books and resources will be available for purchase at the workshops. The Educator's Guide and/or The Family Virtues Guide are required for the Facilitator Program. When you have registered and paid you will be sent confirmation. Your receipt/invoice will be available at check-in.

Please, PROMPTLY register in the class of your choice as class size is limited to 17. Register two or more from the same organization and receive 5% off your fees only. Students register at 1/2 price.

Location and directions: www.fcjsisters.ca/fcjcentre/ - a serene setting on the Elbow river in the middle of the city with free parking (for affordable accommodation email them directly)

Method of Payment: Please make cheque or money order payable to Hearts Work and send to:

Donna Wheatcroft, #1904, 188 - 15 Ave. SW, Calgary, Alberta T2R 1S4

Choose your workshop date(s): _____

Name: _____

Address: _____

PC/Zip: _____ Email: _____

Ph: _____ Fax: _____

Payment: 2-day _____ and/or 3-day _____ + Manual (binder) \$ _____ and/or CD:\$ _____

Total Enclosed: Cheque or money order: \$ _____ **Thank You**



