

# The Virtues Project™

## Calgary Workshops

### Awakening the Gifts of Character ~ 2-Day Introductory Workshop

**August 6 & 7, 2007** Monday and Tuesday 9:00 AM to 4:30 PM

Course includes learning and practical application of the four principles and five strategies of The Virtues Project.™ For individuals, families, educators, and community and business leaders.

### Deepening in the Virtues ~ 3-Day Facilitator Programme

**August 8 to 10, 2007** Wednesday, Thursday, Friday 9:00 AM to 4:30 PM

For those who wish to deepen in, and/or facilitate The Virtues Project™ in their school, workplace, community, or family. Bring out the best in yourself and others. Learn to live to your highest values.

#### CREATE A CULTURE OF CHARACTER AND CARING

with a simple, effective, strengths-based, positive, proactive program:

- ◆ cultivate respect & responsibility ◆ build resiliency, authentic self-esteem & self-confidence
- ◆ manage anger & eliminate bullying behavior ◆ resolve conflict peacefully
- ◆ learn to set boundaries for healthy relationships & safety ◆ honour diversity ◆ develop unity

Visit [www.virtuesproject.com](http://www.virtuesproject.com) to find out about 52 virtues and the five strategies for using them.

“The Virtues Project Educator’s Guide” and the videos, “VIRTUES: A Family Affair” are approved by Alberta Learning. The Virtues Project, honoured by the United Nations, and endorsed by the Dalai Lama, is being used in 87 countries. The “Virtues Program” is listed as one of the approaches in the recent Alberta Education publication, “The Heart of the Matter; Character and Citizenship Education in Alberta Schools.”

**For further information contact: Donna. Ph. 403-282-1343, Fax 403-2102913 [heartswork@shaw.ca](mailto:heartswork@shaw.ca)**

**Fee:** \$250.00 for 2-day (prerequisite for 3-day) \$450.00 for 3-day. Add \$175.00 for the Facilitator's Manual (binder) 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 will be available at check-in. **Location:** [www.fcjsisters.ca/fcjcentre/](http://www.fcjsisters.ca/fcjcentre/)

**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**

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Name: \_\_\_\_\_ Course:\$ \_\_\_\_\_ +Manual:\$ \_\_\_\_\_ +CD:\$ \_\_\_\_\_

Home Address: \_\_\_\_\_

PC/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Business Address: \_\_\_\_\_

PC/Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Ph:(h) \_\_\_\_\_ (b) \_\_\_\_\_ Fax:(h) \_\_\_\_\_ (b) \_\_\_\_\_

Total Enclosed: Cheque or money order: \$ \_\_\_\_\_

Thank You

