



## **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**

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

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

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*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™**

## **Integrity, Joyfulness & Personal Transformation**

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



**Ros Macdonald**

Certified Virtues Project Facilitator

**Center for Counselling & Training**

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# The Five Strategies

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

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 SEMINAR SERIES

Monday evenings 7:00–9:30 PM  
March 31st, April 7th & 14th

### Fees:

\$90 Adults, \$60 Youth (GST included)

*Customized seminars  
are available*

- Personal Transformation: From Stress to Joyfulness and Integrity
- Creating a Culture of Character
- Raising Children of Compassion & Idealism
- Awakening Family Values in Your Home
- Awakening the Best in Yourself and Your Partner
- Finding Your Joy and What You Most Want to Do
- Ministering to Others While Practicing Self Care
- Respect & Compassion: Ingredients for a Healthy Workplace

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

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**integrity, compassion & joyfulness**