



## **The VIRTUES PROJECT™**

**how to nurture and honour the best in ourselves**

***with* SARA HEARD**

**Thursday, March 10th, 6.15 – 7.45pm**

**Hurunui District Library, Main Road, Amberley**

The Virtues Project recognises that all children are born with virtues in potential. When parents and educators awaken these gifts of character, we can make the world a far better place.

Practising the virtues empowers individuals to live more authentic and meaningful lives, families to raise children of compassion and integrity, educators to create safe, caring, and rewarding learning environments, and leaders to encourage excellence and ethics in the work place and communities.

The project was established in Canada in 1991 and has spread to more than 100 countries. It is not affiliated with any particular faith but draws its research from all spiritual traditions including those of indigenous peoples. The mission of The Virtues Project is to inspire people of all cultures to live by our highest values.

Sara is a farmer and former primary school teacher, has raised a family, and is now a coach and facilitator for the Agri-Women's Development Trust. She is also a trained Virtues Project facilitator, and will discuss the Virtues and introduce the Five Basic Strategies which can be used in our families, schools and communities. (A good example in NZ is Frankton School: - see [www.franktonschool.ac.nz/the\\_virtues\\_programme.cfm](http://www.franktonschool.ac.nz/the_virtues_programme.cfm)).

**Contribution: 1.5 TimeBank Hurunui credits or donation appreciated. Registration is essential. Contact: Belinda Meares, 03 314 3406, or email [tbhlearningexchange@gmail.com](mailto:tbhlearningexchange@gmail.com). Website: TimeBank Hurunui: <https://hurunui.timebanks.org>**