



THE VIRTUES PROJECT™
Bringing Virtues to Life

Assertiveness
Caring
Cleanliness
Commitment
Compassion
Confidence
Consideration
Cooperation
Courage
Courtesy
Creativity
Detachment
Determination
Diligence
Enthusiasm
Excellence
Flexibility
Forgiveness
Friendliness
Generosity
Gentleness
Helpfulness
Honesty
Honor
Humility
Idealism
Integrity
Joyfulness
Justice
Kindness
Love
Loyalty
Moderation
Modesty
Orderliness
Patience
Peacefulness
Perseverance
Purposefulness
Reliability
Respect
Responsibility
Self-discipline
Service
Tact
Thankfulness
Tolerance
Trust
Trustworthiness
Truthfulness
Understanding
Unity

An Introduction to The Virtues Project

Sat. and Sun. July 11th and 12th 9:00 – 5:00

Join us for a two day highly interactive workshop where you will learn how The Virtues Project inspires **individuals to live more authentic, joyful lives, families to raise children of compassion and integrity, educators to create safe, caring and high performing learning communities, and leaders to inspire excellence and ethics in the workplace.** This award-winning program was honored by The United Nations as a model global program for all cultures and is endorsed by the Dalai Lama. It is being used to transform individuals, families, schools, businesses, organizations and communities in over 100 countries.

OUTCOMES: As a result of this workshop you will be able to...

- **Use language to build trust and increase hope, engagement, and well-being.**
- **Recognize teachable moments to develop resiliency, grit & authentic self-esteem.**
- **Utilize virtues based boundaries and restorative justice to promote self-discipline, personal responsibility & integrity.**
- **Listen with compassionate curiosity to empower others to find clarity and create their own solutions.**
- **Increase joy, meaning and purpose through the arts, service learning and by creating a culture of mutual respect and appreciation.**

Note: This 2 day introduction is a pre-requisite for the 3 day Facilitator Training

Location: Anne Arundel Community College in Arnold, Maryland

Close to BWI Airport

Cost: \$350.00 per person

To register and for more information contact Dara Feldman

dara@darafeldman.com or call 301-529-1302 in Maryland

Meet our Facilitator: Dara Feldman, M.Ed, NBCT is a passionate educator, speaker, coach & consultant. She is the author of, "The Heart of Education: Bringing Joy, Meaning and Purpose Back to Teaching and Learning." Dara is the founding Chairman of the Board for the Virtues Project International Association and The "V" Channel. As an ASCD Faculty Member, Restorative Practices Facilitator, Success Principles Trainer, & Virtues Project Master Facilitator, Dara has the privilege of creating & delivering personal, professional & organizational development around the world. She was honored as Disney's 2005 Outstanding Elementary Teacher of the Year, The National Association for Self Esteem's 2009 Teacher of the Year, Maryland's 2015 Mother of the Year and was nominated by Steve Jobs to win the ComputerWorld Smithsonian Award in Education and Academia in 2000. A National Board Certified Teacher, she has spent 30 years in public education as a classroom teacher, instructional technology specialist and character development coach. Dara is happily married and has two grown compassionate children.

