

# The Five Strategies

A two-day workshop covers all 5 strategies with interactive practice, and can be arranged by contacting Claire. via email: [e.claire@ymail.com](mailto:e.claire@ymail.com) or visit: [seagreen.virtuesproject.com](http://seagreen.virtuesproject.com)

## 1. Speak the Language of Virtues

### Responding With Virtues Brings Out the Best in Us

*Virtues are used to acknowledge, guide and correct. Words can build up or tear down. We choose to replace shaming, blaming language by Speaking the Language of Virtues. Virtues vocabulary provides specific language to acknowledge the true worth of any community. Virtues used by businesses non-profit organisations, school principals, teachers, counsellors, ancillary staff, students and their families, bring fresh confidence and self respect.*

*Enhancing staff training programs or other educational programs with the Language of Virtues reminds us to be the best we can be every day.*

## 2. Recognize Teachable Moments

### Focusing on Virtues When Responding to Challenges Builds Confidence

*An essential aspect of growing character is the ability to respond positively to daily challenges. Seeing difficulties as new opportunities to grow Virtues strengthens character. Recognizing mistakes and learning from them in this way can facilitate a sense of remorse as well as encourage students to ask: "What can I learn from this?" and "What can I do differently next time?" Also, if restitution is needed, the question "How can I make it right?" guides students to look within for solutions based on restorative justice.*

## 3. Set Clear Boundaries

### Defining Limits and Clarifying Expectations Permits Openness and Dignity

*Drawing on Virtues to communicate our ground rules and boundaries keeps us safe and secure. Using peaceful ways to clarify what bottom-line behaviours will not be accepted or to call for change in intolerable behaviours helps to create peaceful outcomes. Setting Virtues-based boundaries helps us build healthy relationships, as well as protect our time, our energy and our health. We learn how to be clear about what we want or need in order to develop and safeguard our Self Respect.*

#### **4. The Art of Companionship**

##### **Everyone Needs to Tell Their Story**

*This is an art and skill which facilitates the safe expression of feelings and encourages the development and internalization of Virtues, which in turn strengthens the will to make better choices*

*Companionship is a simple, gentle, powerful process used in counselling, conflict resolution, and disciplinary situations. It involves being truly present, listening deeply and asking clarifying questions. Individuals are able to tell their story, and then solve their own problems with the support of Virtues.*

*The Companionship Process also facilitates a sense of remorse which is fundamental to guiding the development of a restitution plan.*

*Companionship helps us to get to the heart of the matter and bring resolution.*

#### **5. Honouring The Spirit; Honouring Our Dignity**

##### **Cultivating and Balancing Virtues Nurtures Self Respect**

*Honoring our own Dignity equally means respecting the Dignity of others. We can generate a sense of Dignity by reflecting on what is important to others and to ourselves. This generates understanding, tolerance and gratitude for diversity.*

*It is easier to focus on personal, workplace, academic and school successes when supported by a sense of Self Respect and Personal Dignity. Celebrating success and achievements at various milestones reminds us of our unique abilities and talents.*

*Experiencing natural beauty, participating in the arts, sports and other personally motivating activities encourages us to reflect on and connect to our purpose. Choosing Virtues that support our aspirations and goals can also lead to the writing of personal, class and school wide Virtues mission statements.*

*Acquiring Dignity is dependent on the acquisition of Virtues.*