

CRUcial Conversation: Virtues, Values and Better Lives

Thursday 22 March 2018

CRU Office, Brisbane



www.cru.org.au

About the topic

CRU often talks about values that guide our thoughts and behaviour; virtues are similar but are the things that are *universally* valued by all.

Virtues are 'strengths of character' we all possess that add to the uniqueness of who we are. We use many virtues in our everyday such as, trust, honesty, integrity, and respect.

In this informal, interactive session Penny will discuss:

- The use of the five strategies from the Virtues Project
- How this approach can assist in developing 'right relationships' when working alongside people with disability
- How the recognition of our strengths can provide us with a greater understanding of ourselves and of others

About the Presenter



Penny Sampson is passionate about assisting people to have better lives. Penny first came across the Virtues Project in the mid-1990s when she was working as a Manager within the Disability Sector.

She immediately saw its potential in supporting people to have better lives; in enhancing relationships with staff and in planning with people with a disability.

Penny has worked with CRU over the past three years in the Participant Readiness project.

Who should attend?

This event is for people with disability, their friends and supporters, community members, workers in the sector & anyone interested in the practice of virtues in everyday life.

Dates: Thurs 22 March 2018

Time: 5.30pm Arrival

Session will commence promptly at **6.15pm** and will finish at **8.30pm**

Venue: CRU Office
Level 2, 43 Peel St
(cnr Peel & Merivale st)
South Brisbane

Cost: \$20 — A light meal will be provided upon arrival

RSVP: 15 March 2018

****Numbers will be limited****

Register via:

<http://cru.org.au/events/>

CRU's cancellation policy - <http://cru.org.au/about/policies/#cancellation>

*Virtue means power,
strength, inner quality.*

*Virtues are the content of our
character, the elements of the
human spirit.*

*As a six year old once said,
"Virtues are what's good
about us."*

www.virtuesproject.com



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