



Living Values™
Education



DISTANCE ONLINE COURSES



Living Values Education Distance
Distance Facilitator Training
Course Overview and Schedule

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Email: distance@livingvalues.net – Int. Web: www.livingvalues.net/distance

Ensuring LVE Integrity: The combination of each aspect of the Course is designed to ensure that the Distance Facilitator on finalization of the training is fully equipped through their own personal experience to:

1. Comply with and understand in practical terms, the essence of “Living in our Values”.
2. Use their acquired skills as a facilitator for an LVE workshop or study group.
3. Understand the background to LVE, the history and working structure of ALIVE*.
4. Use the LVE resources incl. the website and LVE age activity training books.
5. Prepare an agenda with LVE information and activities to deliver a quality presentation.
6. To represent LVE in multiple capacities, as ambassador and role model for Living Values.
7. Participate in an ALIVE Working Group (not mandatory).

Level One: Part 1

Undertaken Independently,
No Cost

1. SELF REFLECTION

This is a requirement to do in your own time prior to engaging the DFT. Using the e-booklet provided in Word doc allows you to enter your findings simply and easily creating a record of your experience. As long or as short as you feel is appropriate.

2. FREQUENCY

We recommend you engage a maximum of One Value per week and focus on that value for at least the duration of a week. Sunday is a good day to engage a new Value for the week ahead. Please use the Values cards and reminders provided to help focus on the Value. The more you are reminded of the essence of each Value, the deeper you will go in opening to your relationship with the Value. Reflection Points for each Value can also be downloaded from the website and printed for display.

www.livingvalues.net/values/

3. END OF THE WEEK

You might like to reflect back at the end of the week and see if more truth has arisen, you may have a wider perspective of the Value and what it means in your life than you did when you started. You can add these reflections before moving on to the next Value.

4. DURATION

If you feel a week is inadequate time, or your self-exploration becomes challenging you can add another week. However, experience shows that most important is momentum. Each Value is connected to those on either side. Each Value is part of the circle of values. Continuity and frequency will bring you the best awareness. Most important, do not judge yourself for what you find, just be curious. The decision to change has to come from the heart, be kind and choose to change for the better only if you want to!

5. CONFIDENTIALITY

This is a very personal engagement. No one will see your Self Reflection. If you decide to commit to participation in DFT Course then you are required to send the **completed booklet** to your support person/mentor so they can see that you have engaged the Self Reflection. We do not normally comment of what is your own experience and discovery. **Est. weekly time commitment – 30 mins**

Level One: Part 2

Undertaken Independently,
No Cost

6. HOME STUDY ACTIVITIES

From the LVE Home Study go the same Values as you are engaging for the week. Pick two activities, read, using your Personal Journal answer the questions. Also answer the Evaluation questions at the end of that Value. This aspect will significantly support your self- reflection.

7. SUBMISSION

When you submit your DFT Application together with your Self Reflection booklet and your Personal Journal of Home Study Activity questions your Mentor/support person will review your participation and if appropriate, approve your application. **Est. weekly time commitment – 60 mins**

Once Level One material submitted
and DFT Application approved

Level Two: Part 1

Exploring the Facilitator Role
– DFT Assisted

8. DISTANCE FACILITATOR TRAINING GUIDE

Provides delivery skills and information on the Facilitator role. Practicalities of managing group environment. Values based atmosphere, LVE workshop Agenda building.
Est. time Investment: 2-4 hours

Level Two: Part 2

Exploring the Facilitator Role
– DFT Assisted

9. DISTANCE FACILITATOR EVALUATION

Understanding, confirmation of engagement with LVE Website, LVE history, LVE Resource materials, ALIVE structure, etc., Evaluation submitting to LVE Distance Support.

10. SIGN

Sign the “Living Values Ambassador Code”.

11. CONSIDER

Consideration of our **invitation to Working Group(s)** involvement.

Level Three

LVE Practical Application

Note: This level may be waived for experienced educators or those with prior group facilitation delivery experience.

Level Three requires the bringing together a group of 4 - 8 (max 10) people - friends, family, work colleagues, community members to be involved in a LVE Study Group, a self-development process. The Study Group is usually held for 2 hours, one evening per week for 12 weeks. The evening consists of group discussion based on previous week's Value followed by the new week's questions and also involves choosing two LVE Home Study activities to 'play' with during the evening. The same Level One Part 1 & 2 you have done on your own. This time you will be helping others, facilitating their Living Values experience

- the opportunity to facilitate and manage exactly as you have done yourself in the first instance, the purpose is to give you confidence to use the skills you have learned in Lesson 2 to assist others explore their own Values.

You are provided with the booklet files for Self-Reflection, Study Group Guide – “How to Host...”, flyers to customize and promote your activity and helpful hints on where to go within your community to gain publicity and find suitable premises.

12. STUDY GROUP EVALUATION

On commencing, provide participant names list to your support /mentor. Continue to mail your group's minimum two weekly Values Home Study activities. We are looking to ensure that you engaging a variety of different activities week to week.

13. FEEDBACK

On conclusion of your 12th week obtain and read your group participant's feedback on their experience with you, send to your support person/mentor with your own Study Group coordinator experience report.

14. CONCLUSION

By conclusion of your own Self Reflection activity you will have explored your own Values and perhaps uncovered aspects of your personality that are holding you back, you will be more comfortable in your relationships.

With the knowledge gained you will be capable and informed, able to represent Living Values Education and through the practical Study Group, demonstrated to yourself that you can successfully lead others through a similar self-development experience, that you are a Living Values Education Facilitator.



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DISTANCE ONLINE COURSES

Overview



Distance Facilitator Certification follows.

We thank you for your interest in Living Values Education Distance.

If you would like to proceed, please advise us and you can start anytime.

If you have any queries, please contact: The Team at ALIVE Distance at distance@livingvalues.net