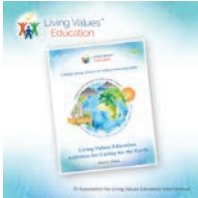


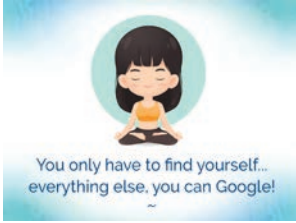



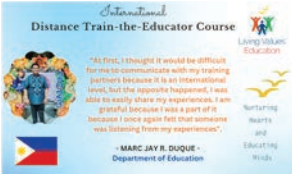



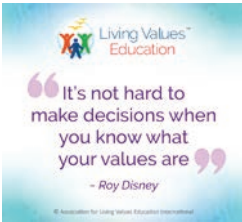




LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)

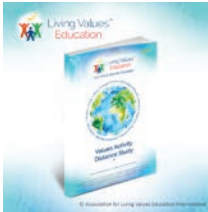


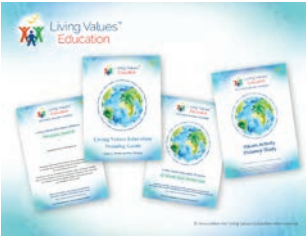





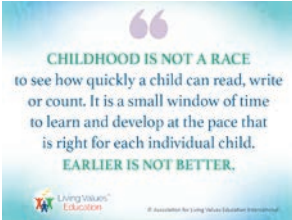

Date	Post Type	Copy	Content
SEPTEMBER 2023			
Friday 1st September	Testimonial TTT Course	In July and August 2023, LVE Philippines hosted two Online Distance Train-the-Educator Courses for a total of 90 Values Teachers and members of the Dept of Education. The success of these first-ever LVE online group two-day workshops was expressed in the this sample evaluations received from one of the participants.	<p><i>"As an educator, after attending the DTTEC Training, it indeed nurtured my heart and widened my mind. It is a well-earned wisdom and unforgettable experience worth to be shared with my colleagues, students, and co-workers as well. I am thankful and honored by Mr. Brian Barrios, who kindly presented the report of the program to each and every one of us and let us see the significance of this program especially in this post pandemic time. My heartfelt gratitude to the LVE team. Blessings on them!"</i> -JENNIFER MANGALINDAN- Department of Education</p>
Saturday 2nd September	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW...</p> <p>Values are the essence of who we are as human beings. They powerfully impact what we create in our lives and the world. Living the values of peace, love, respect, honesty, kindness and compassion makes us happy — and creates a world of peace and respect for our children. What young people learn is later woven into the fabric of society. When education has positive values at its heart, and the resulting expression of them as its aim, we will create a better world for all.</p> <p>Join at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/ #LivingValuesEducation #LVE #values</p>	
Sunday 3rd September	Value #5 - Honesty Self-reflection worksheet	<p>Your Value to Live in for this Week is HONESTY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of HONESTY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/honesty</p>	
Monday 4th September	Value #5 - Honesty Self-reflection	<p>HONESTY means there are no contradictions or discrepancies in thoughts, words or actions. How honest have you been this week?</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#honesty #truth #values #LivingValuesEducation #LVE</p>	

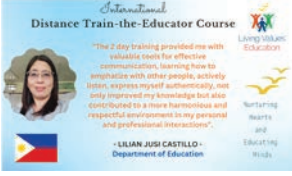


Tuesday 5th September	Product Climate Change Book	<p>“LVE Book Climate Change – Caring for the Earth and her Oceans”</p> <p>Embracing Values in our lives impacts directly on how we live on the planet. Rather than focusing on saving ourselves from the on-going damage of Climate Change – we could join together – a world community with a goal to change the way we live and start to give our world the opportunity to heal. Visit livingvalues.net/environment/ for more information.</p> <p>#ClimateChange #LivingValuesEducation #LVE</p>	
Wednesday 6th September	Event Webinar Save the Date	<p>We have put together a series of webinars using Zoom with the purpose of introducing the Living Values Education core principles and providing inspiration to those who are new to LVE. We welcome folk from other parts of the world to join our webinars. Details at livingvalues.net/webinars or email uk@livingvalues.net.</p> <p>BOOKMARK: Sue Bottomley Webinar 13th September 2023 “Pause: A supportive community for being seen, valued and respected.” 6-7pm (BST) Zoom meeting ID 922 2863 5131 Password: serenity Can’t wait? You can watch previous webinars by searching for LVEBI on vimeo.com.</p>	
Thursday 7th September	Values What others are saying	<p>What do Values mean to you? In the words of Barack Obama (sourced from ‘The Audacity of Hope: Thoughts on Reclaiming the American Dream’)...</p> <p>“We hang on to our values, even if they seem at times tarnished and worn; even if, as a nation and in our own lives, we have betrayed them more often that we care to remember. What else is there to guide us? Those values are our inheritance, what makes us who we are as a people. And although we recognize that they are subject to challenge, can be poked and prodded and debunked and turned inside out bu intellectuals and cultural critics, they have proven to be both surprisingly durable and surprisingly constant across classes, and races, and faiths, and generations. We can make claims on their behalf, so long as we understand that our values must be tested against fact and experience, so long as we recall that they demand deeds and not just words.”</p> <p>#LivingValuesEducation #LVE #values</p>	
Friday 8th September	Product LVE Audio-Guided Meditations <i>LVE is feeling calm</i>	<p>Simply visit livingvalues.net/download#distance to get your FREE “Living Values Education Audio-Guided Meditations” (just scroll to the bottom of the page). This audio set includes:</p> <ol style="list-style-type: none"> 1. Introduction - Are We Living Our Values 2. Peace Relaxation Exercise 3. Love Imagining Exercise 4. Humility Exercise 5. Happiness - Talking to Myself 6. Simplicity - Messages From the Media 	
Saturday 9th September	Teaser	<p>Join our 12 week course with a new Living Value presented each week. The first Value starts tomorrow... It may hold the answers you’ve been searching for!</p> <p>Download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/</p>	

<p>Sunday 10th September</p>	<p>Value #6 - Humility Self-reflection worksheet <i>LVE is feeling thoughtful</i></p>	<p>Your Value to Live in for this Week is HUMILITY. Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of HUMILITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/humility</p>	
<p>Monday 11th September</p>	<p>Value #6 - Humility Self-reflection</p>	<p>HUMILITY. Use your voice for kindness, your ears for compassion, your hands for charity, your mind for truth, and your heart for love.</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#humility #acceptance #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 12th September</p>	<p>Testimonial TTT Course</p>	<p>In July and August 2023, LVE Philippines hosted two Online Distance Train-the-Educator Courses for a total of 90 Values Teachers and members of the Dept of Education. The success of these first-ever LVE online group two-day workshops was expressed in the this sample evaluations received from one of the participants.</p> <p>For information on the next event contact Philippines@livingvalues.net</p>	
<p>Wednesday 13th September</p>	<p>Event Webinar Info</p>	<p>JOIN US FOR TODAYS WEBINAR! 6pm - 7pm BST (UK timezone) Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>See more details at: https://livingvalues.net/current-news</p> <p>Dine G Tillman is the co-creator of Living Values Education and the primary author of LVE series of books. Diane will share simple, heart-centred methods to help young refugees and their classmates move towards acceptance, healing and friendship.</p> <p>Organised by Living Values Education - British Isles. We welcome folk from other parts of the world to join our webinars. Need more info? Email uk@livingvalues.net.</p>	

Thursday 14th September	Quote	Many people over the years have felt strongly about Values, what they mean, represent and how they dictate the way we live our lives, and of course, through that impact the world we live in. Some are included here courtesy of www.goodreads.com/quotes #LivingValuesEducation #LVE #values	 <p>Living Values Education “It's not hard to make decisions when you know what your values are” - Roy Disney © Association for Living Values Education International</p>
Friday 15th September	Product Values Posters	Living Values Education posters are Reflection Points for each value. They are offered to assist and remind students and others seeking values awareness the various qualities of each value. They can be printed as an A4 page and used as displayed in the classroom. Download your FREE copies at livingvalues.net/posters #LivingValuesEducation #LVE #values	 <p>Living Values Education Peace Simplicity</p>
Saturday 16th September	Teaser	OUR VALUE FOR THIS WEEK STARTS TOMORROW. No matter what role we are currently playing, whether it be child, parent, business person, employee, teacher, government official, retiree, whatever age, gender, nationality, spiritual belief, we all have one thing in common; a human requirement to meet our basic needs – to be Safe, Respected, Understood, Loved, Valued. Are these qualities fully present in your life now? This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/ . #LivingValuesEducation #LVE	 <p>*** PEACE RESPECT LOVE TOLERANCE HONESTY HUMILITY COOPERATION HAPPINESS RESPONSIBILITY SIMPLICITY FREEDOM UNITY *** Living Values Education © Association for Living Values Education International</p>
Sunday 17th September	Value #7 - Cooperation Self-reflection worksheet	Your Value to Live in for this Week is COOPERATION. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of COOPERATION for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/cooperation	 <p>Cooperation Value of Week 7: Cooperation Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of COOPERATION for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/cooperation</p>
Monday 18th September	Value #7 - Cooperation Self-reflection	Generosity means more than just giving. It also means to cooperate with others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their innate value. If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit: livingvalues.net/distance-self-reflection/ for more info. #cooperation #values #LVE #LivingValuesEducation	 <p>Cooperation Courage, consideration, caring and sharing provide a foundation for cooperation © Association for Living Values Education International</p>

<p>Tuesday 19th September</p>	<p>Product Distance Facilitator Course</p>	<p>What's special about the Living Values Distance Facilitator Course? Well, quite a lot actually...beginning with - it's FREE, and there is no commitment to finishing either, that's all my choice. Yes, and I can try the first level without any pressure. Of course, there are major benefits at every level, for a start, getting to know the truth about myself, how I think and feel and think, how that motivates my every response and action. This alone is worth gold. Find out more at: livingvalues.net/distance-facilitator/ #LivingValuesEducation #LVE</p>	
<p>Wednesday 20th September</p>	<p>Product <i>LVE is feeling excited</i></p>	<p>Living Values Education Values Bookmarks are now available for FREE download at livingvalues.net/resources-bookmarks/ Print them out, cut them apart, decorate and use the bookmarks during story time or for your own reading. They can also be used as Focus points in workshops, display for reflection, daily questions to ask ourselves, a gift set or enlarge them for posters for home or in the classroom. #LivingValuesEducation #LVE #values</p>	
<p>Thursday 21st September</p>	<p>Event International Day of Peace</p>	<p>Today is the International Day of Peace (<i>insert dove emoji</i>) This years theme is Actions for Peace: Our Ambition for #GlobalGoals. It is a push for us to recognise how our individual and collective actions can affect and foster global peace. Our active collaboration and empathy is needed in these times to build a world of peace, understanding, respect, equity, and safety for all peoples. We don't have to wait for the future we want—we can create it right now. Everyone can join the global movement for change. How can you embrace the possible. #peace #InternationalDayofPeace #LivingValuesEducation #LVE #values</p>	
<p>Friday 22nd September</p>	<p>Product Guides</p>	<p>Many of the ALIVE material is designed specifically to suit different groups. There are resources for teacher training purposes, the Environment and Green Values, At Risk groups, Community Study Groups, Home Learning and Self-Reflection, posters, stories and songs. Visit our websites library today for your FREE downloads livingvalues.net/reference-library</p>	
<p>Saturday 23rd September</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW. Our 12 values are a defining feature of our identity as human beings and, in guiding our choices and priorities, they set the compass for the trajectory of our life, drive human, social and economic development and the transition to a better world for all. This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE</p>	

<p>Sunday 24th September</p>	<p>Value #8 - Happiness Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is HAPPINESS. <i>(insert smiley face emoji)</i></p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of HAPPINESS for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/happiness</p>	
<p>Monday 25th September</p>	<p>Value #8 - Happiness</p>	<p>Deleving deeper - I am starting to realise the depth of these values and the important role they play in my day to day life. Embodying, living with the framework of these values is actually the source of the creation of my Happiness. Consequently living outside of these values must therefore be the cause of my pain and suffering. I wonder then how long it takes for the consequences of my 'mis-behaviour' to manifest in my unhappiness? ~ Roger Miles.</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#happiness #LVE #LivingValuesEducation</p>	
<p>Tuesday 26th September</p>	<p>Product Materials for Schools</p>	<p>Hey Teachers! Looking for something for your classroom, something different and heart warming?... The choices of young people are critically important, not only for their own happiness and well-being at this vulnerable time in their lives, but also for their future. Download the overview of our material and choose what you feel would make the changes you would enjoy. Simply visit https://livingvalues.net/materials-for-schools/</p>	
<p>Wednesday 27th September</p>	<p>Interactive Quiz <i>LVE is feeling curious</i></p>	<p>HOW SELF-AWARE ARE YOU?</p> <p>Try for yourself, and perhaps together with family members, this simple 15-minute 'Living Values Awareness' quiz to see the important role values play in all our lives.</p> <p>The 'Wheel of Life' can show you where and how your ride is through life, whether smooth or bumpy, and most importantly, highlights where corrections can be made.</p> <p>You can download your copy today at https://livingvalues.net/news-archive/take-the-living-values-15min-quiz</p>	

Thursday 28th September	Testimonial TTT Course	In July and August 2023, LVE Philippines hosted two Online Distance Train-the-Educator Courses for a total of 90 Values Teachers and members of the Dept of Education. The success of these first-ever LVE online group two-day workshops was expressed in the this sample evaluations received from one of the participants.	
Friday 29th September	Event World Heart Day	Use Heart for every Heart... stop and consider how best to use your <i>(insert heart emoji)</i> for humanity, for nature, and for you. Exercise, mediation, and quality sleep can help lower stress levels and maximise individual heart health. You will live a long and peaceful life if your heart is in good shape. #UseHeart #LivingValuesEducation	
Saturday 30th September	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>No matter what role we are currently playing, whether it be child, parent, business person, employee, teacher, government official, retiree, whatever age, gender, nationality, spiritual belief, we all have one thing in common; a human requirement to meet our basic needs – to be Safe, Respected, Understood, Loved, Valued. Are these qualities fully present in your life now?</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE</p>	

END 12 WEEK CYCLE