




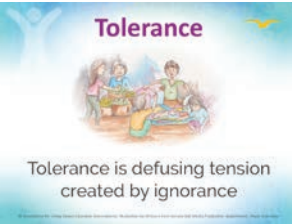









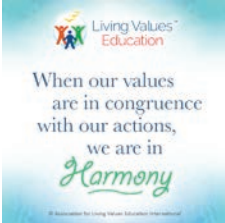
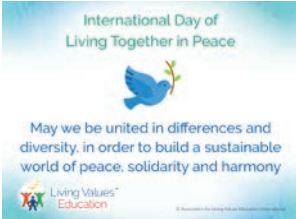

## LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)




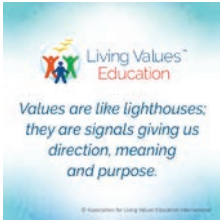


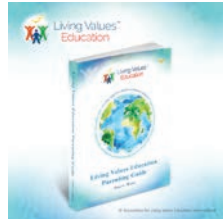
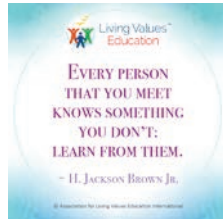


May 2024	Post Type	Copy	Content
Wednesday 1 May	<b>Webinar</b> Save the Date	Join us on Wednesday 8th May for this months webinar 'Curious not Furious: empowering children to be at their brain best' with Speaker Kit Messenger. If you would like to stay up-to-date with upcoming events, simply subscribe to our website at <a href="http://livingvalues.net">livingvalues.net</a> Can't wait? You can watch previous webinars by searching for LVEBI on vimeo.com. #LivingValuesEducation #LVE #values	
Thursday 2 May	<b>Product</b> TTE Workshop	Living Values Education - India is pleased to present a video report showcasing a successful two-day teachers' workshop held in partnership with Sangath (a Goa based organisation that fosters child development and physical and mental health of young people) and Udaya Public School in Ayodhya on 29-30 January 2024. The workshop centered on the experiential approach of Living Values Education, focusing on self-reflection through the 'Explore, Experience, and Express' method and offering a transformative experience for educators. Learn more about our TTE Workshops visit: <a href="https://livingvalues.net/distance/">https://livingvalues.net/distance/</a> You can also view this video on our YouTube channel at: <a href="https://youtu.be/G3YuT1fGLrM">https://youtu.be/G3YuT1fGLrM</a> #traintheeducator #tte #LivingValuesEducation #LVE	 (Upload India video)
Friday 3 May	<b>Did you know</b>	Hungary, Philippines and Venezuela have all released their latest reports... Each of the 45 countries representing Living Values around the world has their own Country page on our website. Simply visit <a href="http://livingvalues.net/country-reports">livingvalues.net/country-reports</a> to look up and see what is happening in your country today! Also, be sure to search for your country's Facebook page, like 🇵🇭 and 🇻🇪 follow 🇵🇭	
Saturday 4 May	<b>Teaser</b>	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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a>	



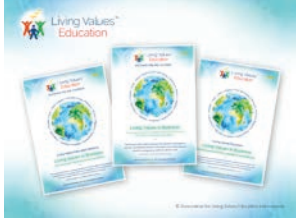

Sunday 5 May	<b>Value #4 - Tolerance</b> Interactive	<p>Your Value to Live in for this Week is TOLERANCE.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of TOLERANCE for a couple of minutes and what the world would be like if there was no discrimination, but inclusion and respect for diversity.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/tolerance">livingvalues.net/tolerance</a></p>	
Monday 6 May	<b>Value #4 - Tolerance</b>	<p>Something to consider as you live the value of TOLERANCE this week: Being right in some circumstances mostly just satisfied my ego, and that letting things go and letting the other person feel right can feel immensely satisfying. During a disagreement, ask yourself: “If I let this go, might it actually be nice to see a smile on the other person’s face?”</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p> <p>#responsibility #LivingValuesEducation #LVE #values</p>	
Tuesday 7 May	<b>Quote</b> Be kind	<p>Consider this: “When I let go and be kind instead of trying to be right, the other person often lets go too”.</p> <p>Tolerance brings peace - and friendship is the outcome. Try to be kind rather than right, and you might just be surprised how things turn out.</p> <p>#LivingValuesEducation #LVE #values</p>	
Wednesday 8 May	<b>Webinar</b>	<p><b>JOIN US FOR TODAY'S WEBINAR!</b> 📺</p> <p>‘Curious not Furious: empowering children to be at their brain best’ with Speaker Kit Messenger.</p> <p>Wednesday 8th May 2024 6pm - 7pm BST (UK timezone)</p> <p>Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</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? Go to <a href="http://livingvalues.net/webinars">livingvalues.net/webinars</a> or email <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a>.</p>	
Thursday 9 May			

Friday 10 May	<b>Value #4 - Tolerance</b> Reminder	Remember to keep thoughts positive, even in testing times. During any conflict, remind yourself that there are no right and wrong views, there are only different point of views due to different set of beliefs. The moment we shift from proving ourselves right to understanding the other person, resolution begins. <b>#tolerance #values #LivingValuesEducation #LVE</b>	 <p>Thinking positive is one thing. Doing positive things is another.</p> <p>Living Values Education © Association for Living Values Education International</p>
Saturday 11 May	<b>Teaser</b>	<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>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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	 <p>Living Values Education</p> <p>PEACE RESPECT LOVE TOLERANCE HONESTY HAPPINESS RESPONSIBILITY SIMPLICITY HUMILITY COOPERATION FREEDOM UNITY</p> <p>© Association for Living Values Education International</p>
Sunday 12 May	<b>Value #5 - Responsibility</b> Self-reflection worksheet	<p>Your Value to Live in for this Week is RESPONSIBILITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of RESPONSIBILITY for a couple of minutes and what the world would be like if everyone would take responsibility and contribute with that to their living space.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/responsibility">livingvalues.net/responsibility</a></p>	 <p>Responsibility</p> <p>Value of Week 5: Responsibility</p> <p>Living Values Education</p>
Monday 13 May	<b>Value #5 - Responsibility</b>	<p>Something to consider as you live the value of Responsibility this week: A responsible person fulfills the assigned duty by staying true to the aim. Duties are carried out with integrity and a sense of purpose. As a responsible person, I have something worthwhile to offer and so do others.</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p> <p><b>#responsibility #LivingValuesEducation #LVE #values</b></p>	 <p>Responsibility</p> <p>When one is responsible, there is the contentment of having made a contribution.</p> <p>Living Values Education</p>

<p>Tuesday 14 May</p>	<p><b>Product</b> TTE Workshop</p>	<p>A three-day Train-the-Educators professional development workshop was held in Minya from 27-29 January 2024 for 45 enthusiastic educators from all over Egypt. Participants included teachers from three local schools in Cairo and Minya, leaders from NGOs in Cairo, Minya and Aswan governorates and the General Secretary of the Catholic Schools Association, representing 135 schools from Alexandria to Aswan. It was a joyful and productive three days full of profound insights, happiness, personal refreshment and a strengthened commitment to keeping values at the heart of life.</p> <p>This video report really depicts the joy of group dynamics when people really allow themselves to get involved.</p> <p>Learn more about our TTE Workshops visit: <a href="https://livingvalues.net/distance/">https://livingvalues.net/distance/</a></p> <p>You can also view this video on our YouTube channel at: <a href="https://youtu.be/EfNlvNRVVIk">https://youtu.be/EfNlvNRVVIk</a></p> <p>#traintheeducator #tte #LivingValuesEducation #LVE</p>	 <p>(Upload Egypt video)</p>
<p>Wednesday 15 May</p>	<p><b>Product</b> Values</p>	<p>We don't have to share the same values to have a healthy relationship, rather it is better to explore values together. If we're completely against our partner's choice, we can put ourselves in her/his place to discover who we really are. As we glide through life, our ideas change. The importance lies in allowing and valuing each other to be ourselves, setting the other person free to be who he/she is, enjoying the exploration, and diving deep into the experience of oneness.</p> <p>#values #LivingValuesEducation #LVE</p>	
<p>Thursday 16 May</p>	<p><b>International Day of Living Together in Peace</b> <i>LVE is feeling peaceful</i></p>	<p>Thursday 16th May is International Day of Living Together in Peace 🕊️</p> <p>Living together in peace is all about accepting differences and having the ability to listen to, recognize, respect and appreciate others, as well as living in a peaceful and united way. Imagine what the world would be like if everyone was caring and there was no hate or fear.</p> <p>#peace #harmony #values #LivingValuesEducation #LVE</p>	
<p>Friday 17 May</p>	<p><b>Value #5 - Responsibility</b> Reminder</p>	<p>RESPONSIBILITY... How has your week been? Did you accept responsibility rather than avoid responsibility? Did you contribute to your living space and relationships with your family and friends?</p> <p>#unity #together #values #LivingValuesEducation #LVE</p>	

Saturday 18 May	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values affect our lives every moment. They are a guiding force in all we do and pursue. When our values are in congruence with our actions, we are in harmony. But what are values? And how did we develop them?</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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	
Sunday 19 May	<b>Value #6 - Humility</b> Interactive	<p>Your Value to Live in for this Week is HUMILITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of HUMILITY for a couple of minutes and what the world would be like if everyone recognized and honor their worth and that of others with humility.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/humility">livingvalues.net/humility</a></p>	
Monday 20 May	<b>Value #6 - Humility</b>	<p>Ask yourself: Do I have a healthy balance of humility and self respect? Do I constantly compare myself with others, or can I honour my own qualities and the qualities of others and appreciate who I am with gratitude?</p> <p>#values #humility #LivingValuesEducation #LVE</p>	
Tuesday 21 May	<b>Values</b>	<p>Regardless of where we live in the world, our age, gender, religious or cultural relationships, our previous experience in teaching or practical role in life as a parent, businessperson, teacher, politician or policeman, we all have something to offer to others. Strengthening our awareness of values in all aspects of our daily life, and making a commitment to live by them, is one of the finest contributions we can make to ourselves and the world around us.</p> <p>Start deepening the awareness of your own values right now by participating in the online 12 week LVE Self Reflection course. Visit: <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	

<p>Wednesday 22 May</p>	<p><b>Product</b> Parenting Guide</p>	<p>Living Values Education is about treating people in such a way that they feel loved, valued, respected, understood and safe, to grow toward their potential. This is particularly so for the way we treat children it sets the environment for their whole lives. The LVE Parenting Guide shares suggestions and activities to help parents help children, from toddlers to teens, use values to handle their challenges as well as to deal with the concerns of bullying and social media.</p> <p>See here for more information: <a href="http://livingvalues.net/lve-parenting-guide/">livingvalues.net/lve-parenting-guide/</a> #LivingValuesEducation #LVE #values.</p>	
<p>Thursday 23 May</p>			
<p>Friday 24 May</p>	<p><b>Value #6 - Humility</b> Reminder</p>	<p>HUMILITY.... Remember: Nobody stands taller than those willing to be corrected ~ William Safire. How has your week been? Did you have a healthy balance of humility and self respect?</p> <p>#values #humility #LivingValuesEducation #LVE</p>	
<p>Saturday 25 May</p>	<p><b>Teaser</b></p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>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.</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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	
<p>Sunday 26 May</p>	<p><b>Value #7 - Honesty</b> Self-reflection worksheet</p>	<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"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of HONESTY for a couple of minutes and what the world would be like if everyone would care and keep their promises.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/honesty">livingvalues.net/honesty</a></p>	

Monday 27 May	<b>Value #7 - Honesty</b>	<p>HONESTY... Can you genuinely do your best, from your heart and soul? Check your intentions and free yourself from any speculation. Learn to be honest with yourself.</p> <p><a href="http://livingvalues.net/honesty">livingvalues.net/honesty</a></p> <p>#honesty #values #LivingValuesEducation #LVE</p>	
Tuesday 28 May			
Wednesday 29 May	<b>Quote</b>	<p>It is never too late to build that trust in your Self. When you trust your Self, you follow through on your promises.</p> <p>#truth #bliss #values #LivingValuesEducation #LVE</p>	
Thursday 30 May	<b>Product</b> Living Values in Business	<p>Looking for new employment? Or a business, looking for the right employee? As a guide of where and what to look for in a business, we encourage you to review our 'Living Values In Business' book set. The Living Values Rainbow booklet, focuses on Happiness through creating a Values-based Atmosphere provides guidance for those seeking employment and also a new perspective for business managers looking for employees with the right attitude. This booklet also offers an insight to school leavers seeking their first employment to help better prepare students, the prospective new employees, to have a better understanding of what type of business they should be seeking employment with and where their contribution might be best appreciated and rewarded.</p> <p>Get your FREE download at <a href="http://livingvalues.net/rainbow-booklets#business">livingvalues.net/rainbow-booklets#business</a></p>	
Friday 31 May	<b>Value #7 - Honesty</b> Reminder	<p>HONESTY... How honest were you with yourself this week? Go back to the Self-reflection worksheet and reflect again the questions to see if there has been any change in your answers. Has anything changed?</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p> <p>#honesty #integrity #values #LivingValuesEducation #LVE</p>	
<b>END</b>			