



Living Values™  
Education

# Living Values Educational Programme

*A Global Initiative*  
*For Parents, By Parents*

Mrs. Shweta Kapur and Mrs. Toral Shah initiated monthly workshops at an International school in Johannesburg in March 2023, originally focused on "Positive Parenting." Over time, it evolved into a tight-knit community of parents dedicated to transforming their communication and relationships with their children. The positive impact reached beyond, fostering better family dynamics, improved discipline, reduced sibling rivalry, and enhanced spousal understanding. Parents returned with glowing feedback, citing improved decision-making, happy and confident, academically successful children.

Participants experienced profound realizations, often returning after a 21-day challenge with positive transformations deemed initially impossible. Facilitating these workshops not only brought positive change but also contributed to our personal growth. Sharing knowledge from Living Values became a cornerstone, transforming our lives, relationships, and fostering peace within our families. The neuroscience angle reinforces the value, indicating that positive parenting positively influences brain regions associated with emotions and cognition in teenagers.

Despite the rewarding experiences, our main challenge lies in expanding this valuable education to more schools, aiming to instil values in children, teachers, and parents alike. Aligning "Values" across these three levels fosters mentally and emotionally resilient children, calm and confident educators, and proactive parents. We advocate for prioritizing values alongside academics, believing it leads to happier individuals capable of navigating any situation with resilience and positivity.



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# PARENT COMMENTS @

LIVING VALUES EDUCATION WORKSHOPS

*held in schools in South Africa*



*"Very enlightening - my mind has opened up to my own values and I am also happy I was able to reflect - I feel refreshed!"*



*"We already have these values deep inside us but we must dig in ourselves to find it. An eye opening workshop!"*



*"I now know that without values even the most advanced societies will fall"*

*"There has never been anything as empowering for parents as LVE. I have seen participants coming with a skeptical mind and leave at the end totally transformed. LVEP gives participants an opportunity to be themselves and to understand themselves, and so they are in a better position to understand kids"*



*" I benefited tremendously from the skills provided on how to create a values-based environment, active listening and conflict resolution skills"*



"At the beginning I felt this was a waste of time, but then I discovered that LVEP was a very beautiful thing, precious, especially for myself. It has been the most beautiful thing of my life, as it was conducted by the co-ordinator with love and so I have a lot of respect for her"



Learn from mistakes of the past,  
move on and live your noblest values  
by choosing to live in your values:



*"I have become more friendly towards the children, more understanding, tolerant and humble"*





Attending the LVE workshops was such an amazing experience . Something that I will now implement in my life daily! Thank you so much for guiding and being there



It was lovely to attend the workshops and gain insights in such an important topic . Just loved the way you connected with us



I think the length of the workshop is great to go through one value at a time, as it is important to view an individual's personal value system equally well. I tuly appreciate the time that you both are investing - Thelma

By attending just 2 workshops of Living Values, I saw a 20% change in my own behavior! I have become more calmer and easy going as an individual. I think twice before I speak. Self awareness has now become easier. Validation from other parents in the session, makes me feel good too!



The Living Values workshops are very beneficial for parents with children(of any age). I really appreciate the valuable time , the co – ordinators have taken out to conduct these sessions. And helping us become the best version of being a parent.

Thank you for giving us a chance to share and connect with yourself, we have such an amazing parent community. Your reviews are so valuable to us



Amazing sessions and valuable reminders , came about for me from attending the LVE workshops. Parenting can be a handful



All I can say is that I am seeing visible changes just after attending 2 Living Values Workshops! My children are learning to have more patience as I am keeping calm myself - Miral

The Living values sessions are so mindfully created. Lots of lessons to be learnt through them. One important lesson that I am taking back is – When I listen to my children without interruption, it builds a beautiful connection! Talking about my own childhood to my children help me build a strong bond with them



I have realized that I need to make time for my own self. It is after that , that I can take good care of my children and family members. Whilst I was making an effort to change , my children noticed and that made me more aware of my behavior towards them.





**A Living Values Workshop being conducted at The British International School, Johannesburg. Conducted on 20<sup>th</sup> June, 2023**



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A workshop  
conducted on the  
Value of  
Responsibility at  
The British  
International Prep  
school in **July 2023**



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**Living Values Workshop  
exploring the Value of  
'Respect' with a group of  
parents**

**25<sup>th</sup> Aug 2023**





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Living Values  
workshop  
@Cyrildene  
Primary School  
15 SEP 2023



A) How  
impact y

57

WHAT DOES PEACE MEAN TO



28 September 2023 10:50

### ACTIVITY

Think about each family member.  
A) Write about 5 good qualities you see in

# RESPECT



***Living Values Workshop in action at  
The British International  
Preparatory School***

***A group of parents attending the  
Living Values Workshop on exploring  
the value of 'Love'***

***OCTOBER 2023***





# Living Values workshop @ The British International Preparatory school, Northriding

## Exploring the Value of **“Responsibility”**

**November 2023**

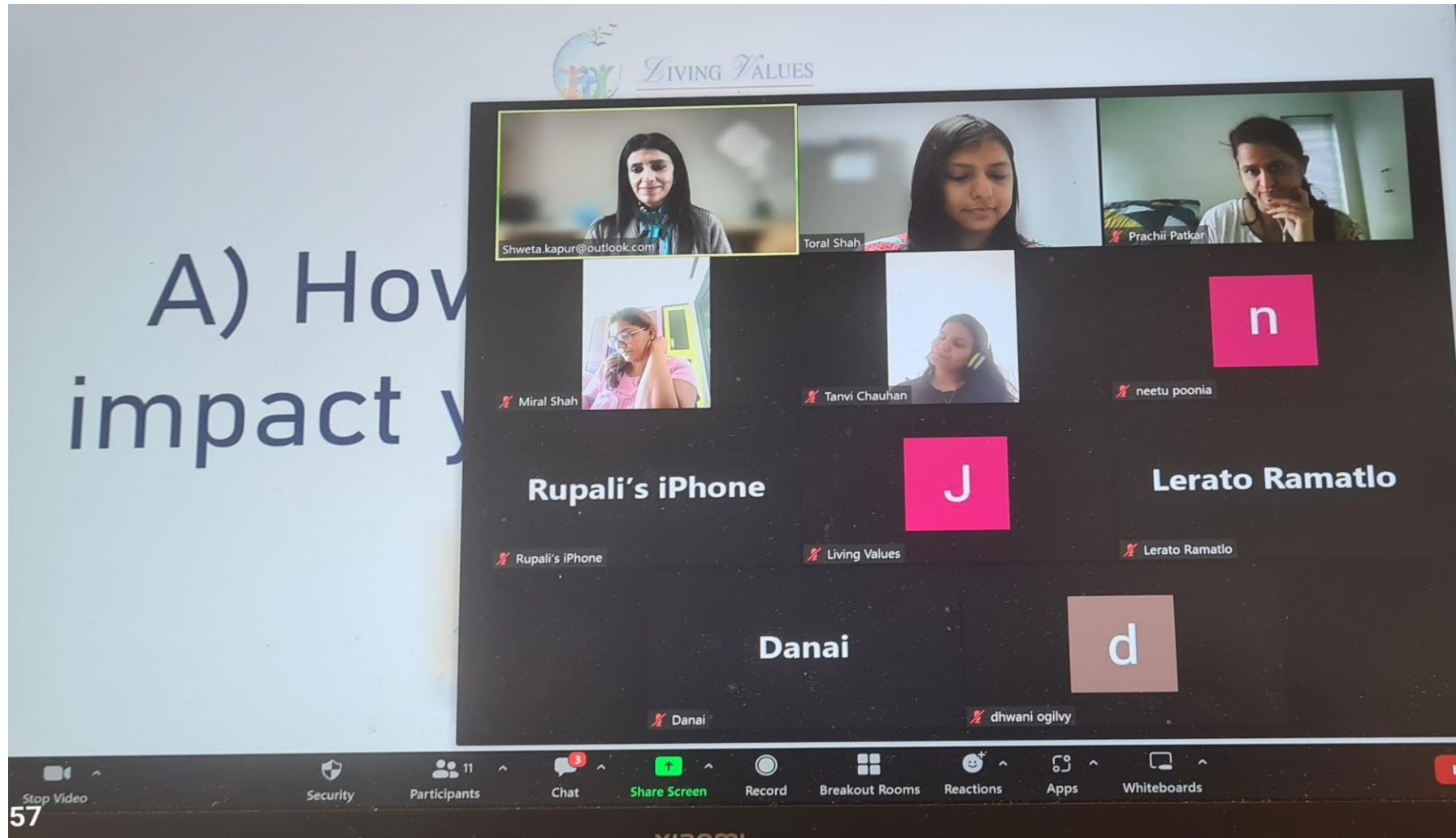


We ended the year **2023** with an engaging “Values Coffee” morning, to energize parents in readiness for the New Year



The year 2024 started with online workshops as we had parents who stayed in different parts of Africa wanting to attend the sessions!

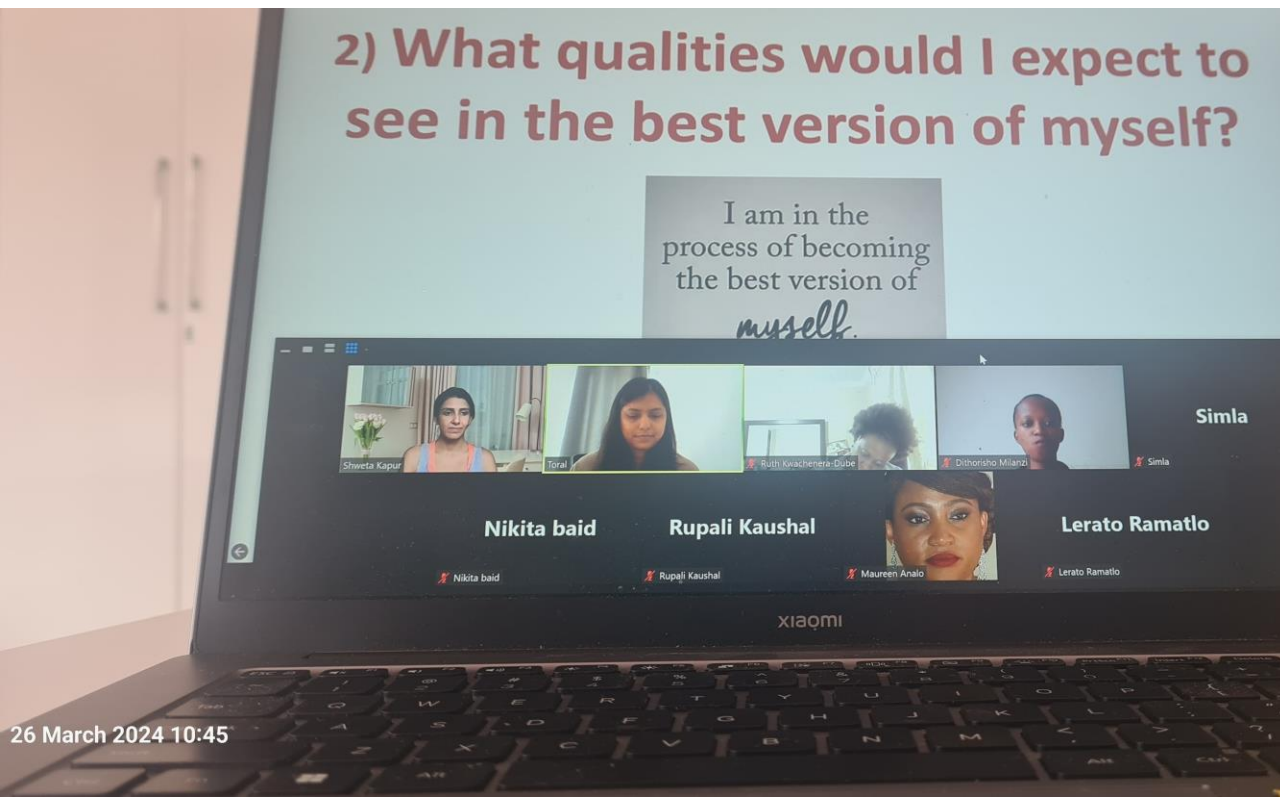
## JAN 2024 – AN ONLINE SESSION ON PEACE



# FEB 2024 - A SESSION ON “RESPECT”



# MARCH 2024 - ONLINE SESSION



# MARCH 2024 - SESSION WITH CHILDREN ON 'VALUES'





# MAY 2024 - ONLINE SESSION ON 'REINFORCING POSITIVE VALUES'



A screenshot of a Zoom meeting showing a presentation slide. The slide is titled "HOW ANGER AFFECTS YOUR BODY" and features a cartoon illustration of a person with a large, angry face. The slide lists various symptoms and effects of anger, such as "I don't believe it!", "What a pain!", "Is it possible?", "I could really do without it.", "It really gets on my nerves.", "I have had it up to here with...", "I'm sick and tired of...", "I'm fed up with it.", "Damn it.", "Rubbish!", "Just you wait!", "Get out of my way!", "That's the last straw!", "Mind your own business!", "It's none of your business!", "Shame on you!", "I don't think that's very clever!", "I get so irritated by Tom I can't be around her.", "I can't stand it any longer!", and "Please I'm so mad right now I can't talk to you." The slide also includes a logo for "English Grammar Help Centre".

Participants visible in the Zoom window include:

- Shweta Kapur
- Toral Shah
- Kinjal Zaveri
- Thori
- Kajal Kishorchandra
- Natasha Maharaj
- Kangai Kaberia (124881879)
- Connecting to audio...

Participant list on the right:

- Toral Shah (Host, me)
- Shweta Kapur
- Kajal Kishorchandra
- Kangai Kaberia (124881879)
- Kinjal Zaveri

# JUNE 2024 – ONLINE SESSION ON STRENGTHENING LOVING FAMILY RELATIONSHIPS

Mark the boxes next to the emotion(s)

## How are you feeling today? ~

You are screen sharing | stop share

Shweta Kapur | Toral Shah | Kinjal Zaveri | Maureen Analo | Kajal Kishorchandra

**Vibha** | **Neha Shah** | **Manali**

Ruth Kwachenera-Dube | Vibha | Neha Shah | Manali

# AUG 2024 – ONLINE SESSION ON THE VALUES OF COMPASSION AND CONTENTMENT



Toral Shah



Shweta Kapur



Thorisho Milanzi



Manali Joshi



Ruth Kwachener...

Ruth Kwachenera-Dube



Maureen Analo

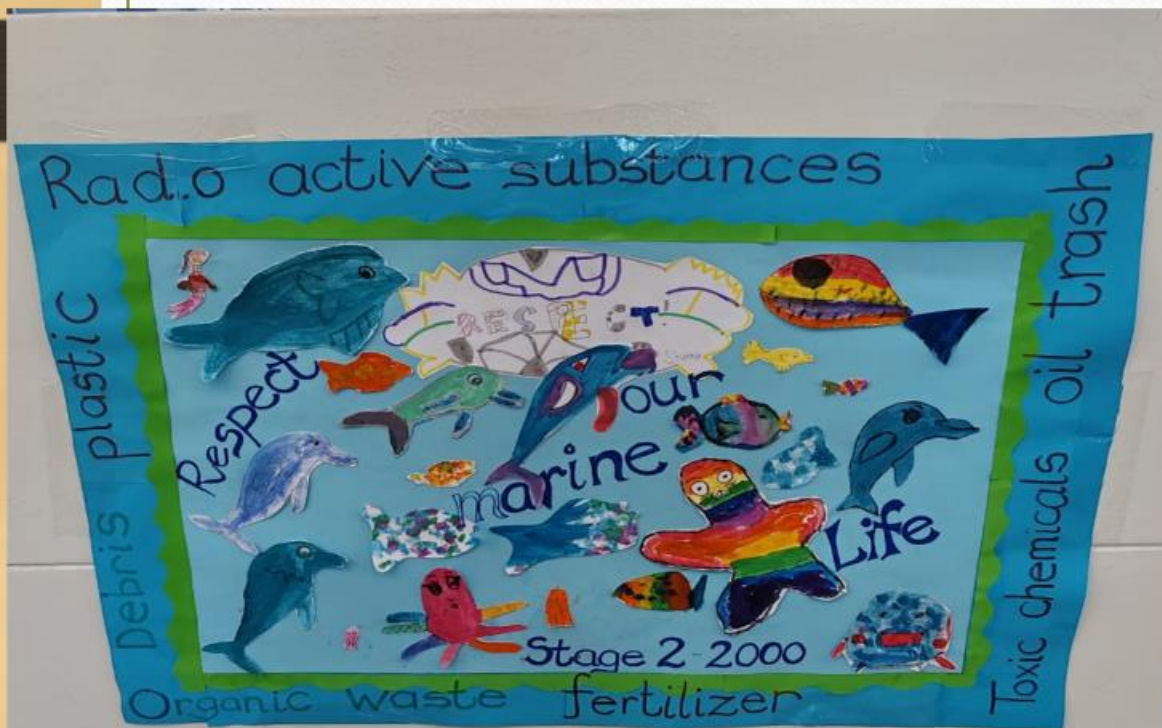
## Compassion

***When someone has hurt you, you value sympathy and forgiveness more than the chance to punish them.***





The children of Stage 1 and Stage 2 show Respect and care for the oceans as they celebrate World Values Day on 19<sup>th</sup> Oct, 2023





**BRITISH  
INTERNATIONAL  
PREPARATORY  
SCHOOL**



The children of Stage 3,  
Stage 4 and Stage 5  
show Respect and care  
for their environment as  
they celebrate World  
Values Day on 19<sup>th</sup> Oct,  
2023





**BRITISH  
INTERNATIONAL  
PREPARATORY  
SCHOOL**



Creative art flows through the children of Stage 2, Stage 6 and Stage 7 as they celebrate World Values Day on 19<sup>th</sup> Oct, 2023



# Letter of Appreciation

## - The British International Preparatory School Principal



**BRITISH  
INTERNATIONAL  
PREPARATORY  
SCHOOLS**  
*Est. 2012*

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Preparatory Campus Principal: Dr. Garth Thompson HDip.Ed.; M.A.; D.D.

20 November 2023

Dear Concerned,

In this year 2023, a powerful and transformative values initiative was taken up by two parents of The British International Preparatory School. Mrs. Toral Shah and Mrs. Shweta Kapur, who are both internationally certified trainers in Living Values, successfully conducted the Positive Parenting program at the school.

The monthly workshops proved highly informative and garnered excellent attendance from parents who thoroughly enjoyed the course.

The school witnessed a notable improvement in both the child-teacher and parent-child relationships, as well as parent-teacher relationships with parents who attended the course. As a values-based institution, Living Values aligned seamlessly with our ethos, enabling us to instill these principles more effectively among our students and staff.

BIP is committed to sustaining this positive momentum by offering additional workshops to our parents and teachers for continued growth.

Regards

**Dr. G Thompson**  
**Preparatory Principal**  
**[principal@biprep.co.za](mailto:principal@biprep.co.za)**  
**British International Preparatory School**