

Participation in the VAFT
Online Course is offered FREE!



Living Values™
Education

LVE ONLINE TRAINING COURSES

VALUES AWARENESS FACILITATOR TRAINING

Course Outline and Schedule



WHAT YOU WILL GAIN?

- ✓ Personal transformation through Self-Reflection
- ✓ Practical skills in facilitating values-based education
- ✓ Free Access to all LVE Resources and materials
- ✓ Certification & credibility as an LVE Values Awareness Facilitator



HOW TO REGISTER TODAY!

- 1** Scan the QR code, [CLICK HERE](#) or go direct to <https://bit.ly/lvecourses> to fill out the online registration form
- 2** Receive your welcome email and Course Outline
- 3** Start your 12-week journey towards transformation!

livingvalues.net/distance

Ensuring LVE Integrity:

"The combination of each aspect of the VAFT Online Course is designed to ensure that through your own personal experience you will be fully equipped on finalisation of the training to be an LVE Distance Facilitator."

- Through your sincerity, honesty and commitment discover how your life can be improved.
- Comply and understand in practical terms, the essence of 'Living in our Values'.
- Understand the background to LVE, the history and working structure of ALIVE
- Able to use LVE resources incl. the website and LVE age activity training books.
- Prepare an agenda with LVE information and activities to deliver a quality presentation.
- Use your acquired skills as a facilitator for an LVE workshop or study group.
- Represent LVE in multiple capacities, as ambassador and a role model for Living Values.
- Be considered to join as a Mentor with the LVE Online Training Centre to assist others.

What's expected of participants?

- ✓ Honesty, sincerity, momentum, responsibility
- ✓ Required materials – notebook, internet access, etc.
- ✓ Honest level of participation – writing honest reflections, engaging in LVE Values activities
- ✓ Time commitment, and concluded within the 12 week time frame
- ✓ Responsive answers to questions posed for gathering points

Your Living Values Education Values Awareness 12-week Online Facilitator Training Schedule

Module One: Part 1

1. SELF REFLECTION – To Know Oneself

This 12-consecutive week requirement, to do in your own time, is an intrinsic aspect of the VAFT. By recording your honest responses to the questions asked allows you to enter your findings simply and easily record your experience. Your interaction with each Value can be as in depth as you would like to go, it can open you to your truth. All questions must be answered to obtain the required Points for international certification.

Estimated time: 24 x LVE Values Activities – 1 hour per week

2. FREQUENCY

Engage in one Value per week and focus daily on that value for the duration of the week using the LVE daily Values and reminders. Sunday is a good day to engage each new Value. The more you are reminded of the essence of each Value, the deeper you will go in opening to your relationship to the Value. The deeper, more sincere you are, will reveal your truth. LVE Reflection Points for each Value can also be helpful reminders and downloaded from our website: www.livingvalues.net/values/

3. END OF EACH WEEK

Reflect back at the end of the week and see if more truth has arisen. You may have a wider perspective of the Value now 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. Take your average score from each Values and place that number on the 'Wheel of My Life'.

4. DURATION

Do not get behind. Experience shows that *Momentum* is the most important factor along with *Sincerity*. Your investment and time will help to understand yourself better. Each Value is part of the Circle of Values, and each Value is connected. The Values come to the surface best when seen as feelings. Continuity and frequency will bring you the best awareness. Most important, do not judge yourself for what you find, just be curious, be humble. **The decision to change our behavior, our life must always come from within, from the heart. Be kind and choose to change for the better because you want to for yourself and others around you!**

5. CONFIDENTIALITY

This is a very personal engagement. On completion of each week/Value you are allocated Points based on questions answered.

There is no policing, Values Awareness, this Course is about trust and honesty. We do not normally comment on what is your own experience and discovery.

Estimated time: 30 mins each week, plus daily reflection.

Module One: Part 2

6. LVE VALUES ACTIVITY ASSIGNMENT

Each week together with your Self-Reflection process you engage the LVE Values Activities book.

Go to the same Value as you are engaging for the week. **Choose just TWO activities, read and answer the questions**, try each activity for yourself. Pretend you are sharing and facilitating this activity with a student or child. For Point scoring it is **essential to answer the Evaluation questions** at the end of that Value. This aspect will significantly support your self-reflection. Points must be gained from answering all questions before proceeding.

Estimated time: 1 hour per week

7. SUBMISSION

When you have completed the Module One Assignments, and fulfilled the questions you will have gained the required Points to be directed to Module Two, Part One.

Module Two: Part 1

8. LVE VAFT FACILITATOR TRAINING GUIDE

This book provides delivery skills and information on the Facilitator role, practicalities of managing group environment, how to present LVE workshop, connecting the LVE Values-based Atmosphere within yourself and your environment, Agenda building and all information required to encourage others interested in their values.

Answer the evaluation questions for each Value to gain required Point score level.

Estimated time: 2 hours reading, 30 min for answering questions to build your Point score.

Module Two: Part 2

Exploring the Facilitator Role

Answer the questions – build your Points

9. DISTANCE FACILITATOR EVALUATION

In addition to the LVE Training Guide, the LVE website allows you to fully explore and understand the nature and essence of the LVE Approach, the extent and depth of the LVE, the free LVE Resource materials for every age group, LVE history, ALIVE structure, etc., The answered Evaluation questions provide the required Points to continue to build your accreditation score. Plus, you create your own LVE workshop schedule from sample attached.

Estimated time: 3 hours

10. DEMONSTRATE YOUR SINCERITY

Gain more Points, sign the 'Living Values Education Ambassador Code'.

At this time experienced educators or people with prior group facilitation delivery experience have completed the VAFT Course. Your certificate will be issued.

Module Three: A Certificated Course

11. LVE PRACTICAL APPLICATION (Optional)

This Module is only required for those seeking LVE Delivery and Presentation skills. Points are awarded based on questions answered at the end of the 12-week Study Group.

Module 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 to experience facilitation and manage exactly as you have done yourself in the first instance, The Study Group is usually held for 2 hours, one evening per week for 12 weeks.

On conclusion of your study group activities, you will receive Points contributing to you overall score and be accredited as an LVE Distance Facilitator.

Estimated time: 12-week Study Group – 2 hours a week

Module Four: Mentoring (Optional)

11. CONSIDER IF THIS LVE CERTIFICATED COURSE IS FOR YOU.

The LVE Mentoring role is for those who feel a sincere passion for the Values, providing an opportunity to be involved with the development of the LVE Online International Training Centre and also give support to others attending the VAFT.

With the training through each of these Modules you will now be capable and informed, able to represent Living Values Education and through practical engagement have demonstrated to yourself that you can successfully lead others through their self-development experience and be confident to be part of the LVE Online Training Centre Mentor team.

**Interested? For further information contact:
distance@livingvalues.net**

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*If your experience with the VAFT has created change in your life you may feel encouraged to consider joining the LVE Mentor group.
Please request the LVE Mentor Manual with an option to become an VAFT Mentor assisting others.*

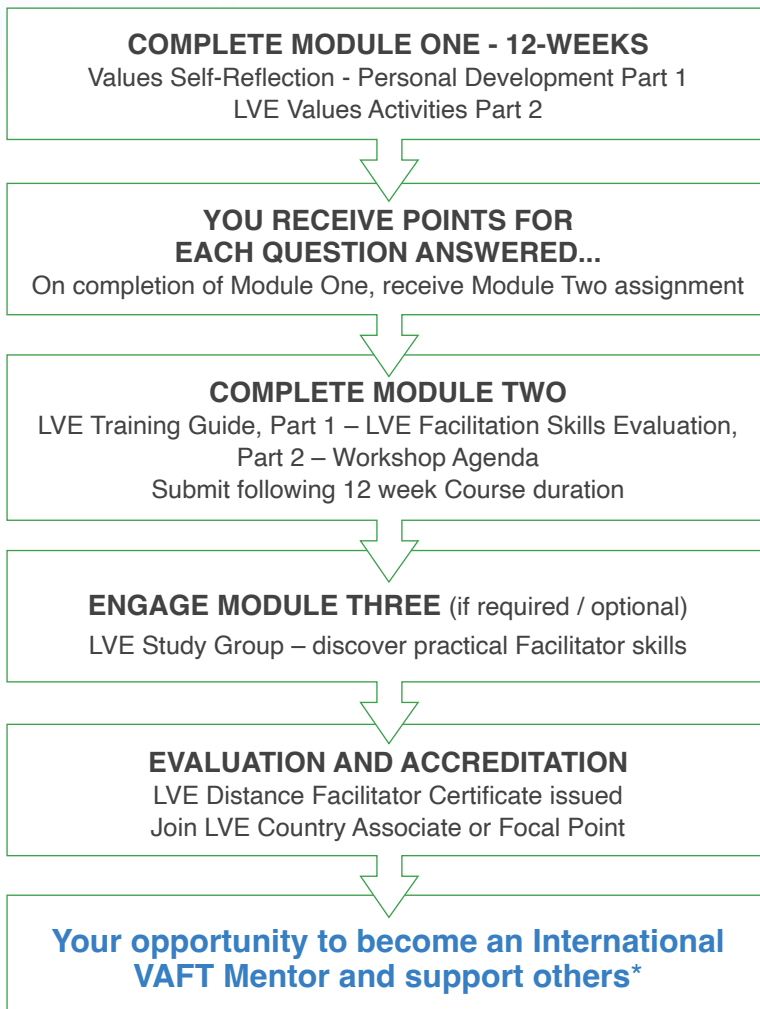
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'Sincerity, Honesty and Commitment'



For queries or concerns

- ✔ **Join the Facebook VAFT Community Group:** Share your questions, insight, and discussions with the community.
- ✔ **LVE Mentors Monthly Zoom Call:** Every third Sunday of the month a live Zoom session will be held at: 5am UTC, 3pm UTC
- ✔ **LVE Online Training Centre Team:** Contact us at: distance@livingvalues.net



We thank you for your interest in joining this internationally accredited Personal Empowerment Online Living Values Education Course. Would you like to proceed? You can start anytime.

Simply register online by scanning the QR code go direct to: <https://bit.ly/lvecourses>

livingvalues.net/distance