







Our Beliefs

Realising potential

We believe we each have incredible potential which can be nurtured intellectually, emotionally, physically and spiritually.



Empowering choice

We believe that while we cannot always control our circumstances in life, we have the capacity to choose our responses; to respond with goodness and to nurture goodness within.

Strengthening interconnection

We believe all life is interconnected and therefore strive to care for and respect all life – human, animal and plant – living in a way that causes the least possible harm.



