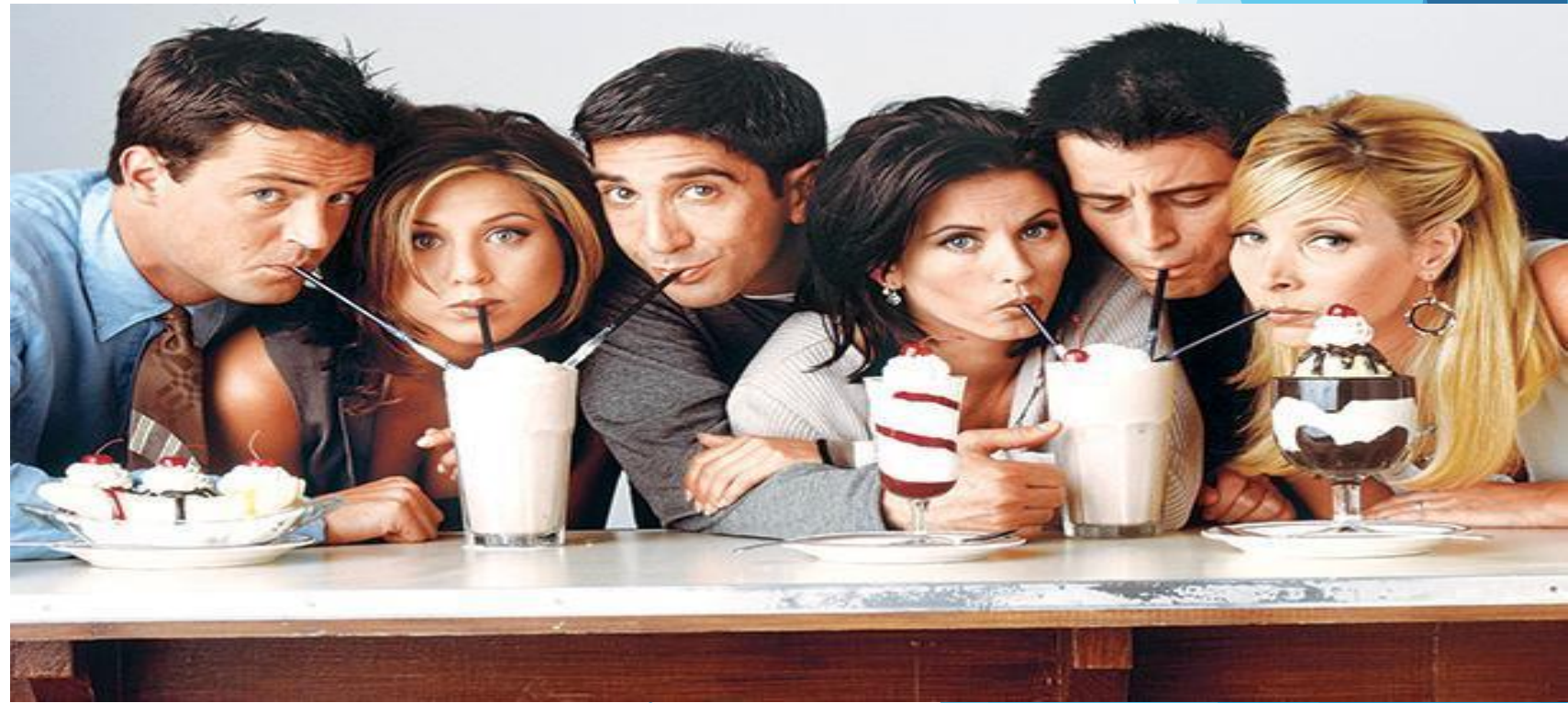




CHARACTER STRENGTHS

Character strengths are:

- ▶ Your character strengths are a part of who you are.
- ▶ Your character strengths is stable and measurable.



Our strengths!



Appear when our thoughts, behaviors, and emotions provides **ENERGY** and **SATISFACTION**

Biswas-Diener – 2010 - Positive psychology and coaching



Strength - is NOT on your to do list.



Strength - Values

- While strengths are about "what you are good at," values are about "what you care about."

Strengths are the inherent qualities or abilities that individuals possess, which enable them to perform tasks effectively and thrive in various situations. Values, on the other hand, are the principles and beliefs that guide individuals' behaviors and decisions, reflecting what is important to them in life.

Why to measure our character strengths?

By knowing our strengths, we can:

- Increase happiness and well-being
- Find meaning and purpose
- Boost relationships
- Manage stress and health
- Accomplish goals

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- ▶ Around 2005
 - ▶ 3 year project with 55 social scientists
 - ▶ Ask people from all over the globe
-
- ▶ What is best about us?
 - ▶ What is best about human beings?
 - ▶ What constitutes a flourishing life a good life - a meaningful life?



VIA characters strength test

- ▶ VIA = Virtues In Action
- ▶ 24 strengths are divided into groups of 6 virtues.
- ▶ Free of charge - the basic





Top five strengths = signature strengths

Following elements define the essence of a signature strength

Essential - The strength feels essential to who you are as a person.

Effortless - it feels natural to use the strength

Energizing - using the strength makes you feel happy and in balance

Introducing the 24 strengths in 6 groups.

WISDOM.

These strengths help us think deeply, make good decisions, understand the world in meaningful ways and use knowledge

Creativity
Curiosity
Judgment
Love of learning
Perspective

COURAGE.

These strengths helps us to achieve our goals and keep on going, even when things are not going well.

Bravery
Perseverance
Honesty
Zest

Introducing the 24 strengths.

HUMANITY are strengths are all about how we connect, care and communicate with others.

Love
Kindness
Social intelligence

JUSTICE
These strengths focus on fairness, teamwork, and leadership that will benefit the society.

Teamwork
Fairness
Leadership



Introducing the 24 strengths.

TEMPERANCE

These strengths help us manage impulses, control emotions, and maintain balance in life and protect us from stress.

Forgiveness
Humility
Prudence
Self-regulation

TRANSCENDENCE

These strengths help us find meaning, purpose, and connection beyond ourselves. They allow us to experience joy, inspiration, and a deeper appreciation for life.

Appr.of beauty and excellence
Gratitude
Hope
Humor
Spirality

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- ▶ Write your name and other info
- ▶ Very much like me = this is me/this is how I am
- ▶ Like me = this is how I am lot of the time
- ▶ Neutral = Sometimes yes - sometimes
- ▶ Unlike me = this is not how I am - much
- ▶ Very much unlike me = this is never how I am



The VA Classification of
Character Strengths and Virtues

| | | | | | |
|-----------------------------------|--|--|---|--|---|
| virtue of Wisdom |  Practical Wisdom The ability to use reason and good sense to solve problems of everyday life. |  Temperance The ability to regulate one's emotions, desires, and actions. |  Justice The ability to act fairly and equitably. |  Courage The ability to do what is right, good, and just despite fear, fatigue, or other obstacles. |  Self-control The ability to regulate one's emotions, desires, and actions. |
| virtue of Courage |  Courage The ability to do what is right, good, and just despite fear, fatigue, or other obstacles. |  Temperance The ability to regulate one's emotions, desires, and actions. |  Justice The ability to act fairly and equitably. |  Self-control The ability to regulate one's emotions, desires, and actions. | |
| virtue of Humanity |  Justice The ability to act fairly and equitably. |  Temperance The ability to regulate one's emotions, desires, and actions. |  Self-control The ability to regulate one's emotions, desires, and actions. | | |
| virtue of Justice |  Justice The ability to act fairly and equitably. |  Temperance The ability to regulate one's emotions, desires, and actions. |  Self-control The ability to regulate one's emotions, desires, and actions. | | |
| virtue of Temperance |  Temperance The ability to regulate one's emotions, desires, and actions. |  Justice The ability to act fairly and equitably. |  Self-control The ability to regulate one's emotions, desires, and actions. |  Courage The ability to do what is right, good, and just despite fear, fatigue, or other obstacles. | |
| virtue of Self-control |  Self-control The ability to regulate one's emotions, desires, and actions. |  Justice The ability to act fairly and equitably. |  Temperance The ability to regulate one's emotions, desires, and actions. |  Courage The ability to do what is right, good, and just despite fear, fatigue, or other obstacles. |  Practical Wisdom The ability to use reason and good sense to solve problems of everyday life. |

Activity - work in group of 3 - 4

Pick one of your top five strengths and give us an example of how it benefits your life.



Can you overuse your strength?



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- ▶ How can you use some of your biggest strengths to help you to make unpleasant tasks more pleasant.



Group strengths

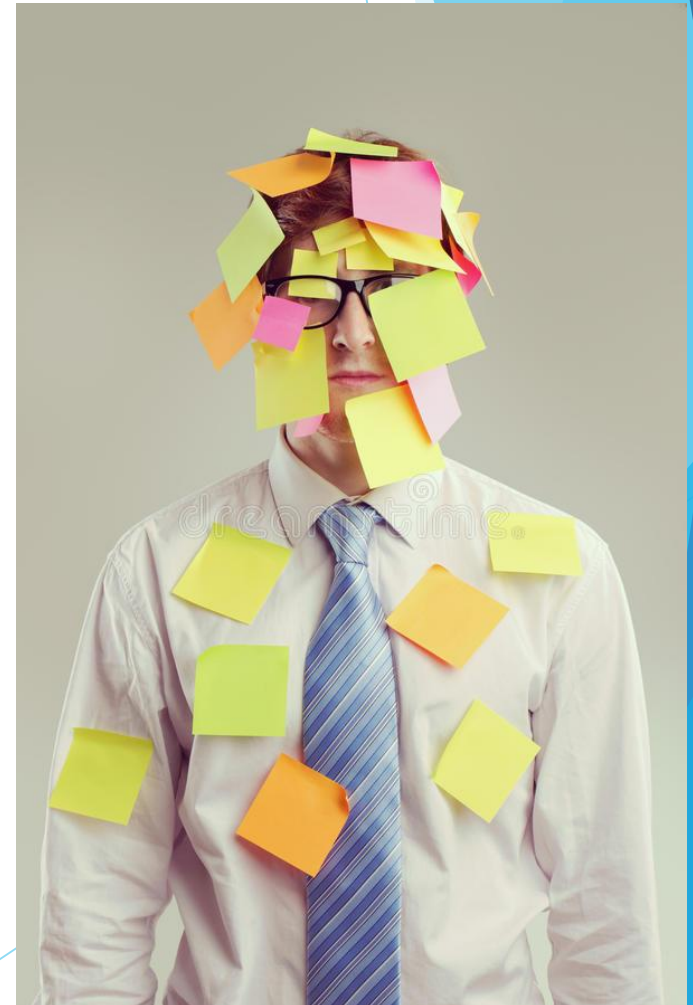
- ▶ Finding the strength of your group
- ▶ What strengths have in common?

Are there any unicorns?



Labeling your friend strength

- ▶ Two people work together.
- ▶ Person A: Talks about something that they have achieved.
- ▶ Person B: Writes down strengths that were used doing it
- ▶ Change places...



Brave
Creative
Cheerful
Artistic
Curious
Calm
Charming
Confident
Generous
Diplomatic

Encouraging

Supportive

