

# Character Strengths and Mindfulness in the Workplace

LIVE WEBINAR

## Scheduling

Contact us for dates

## Duration

60 minutes

## Capacity

10–400 participants

## Pricing

\$1500 USD

## Format

Live Zoom or similar video platform with screen-sharing and recording

## Prerequisites

Completion of the [VIA Character Strengths Survey](#)

## Preferred

All attendees have their [Total 24 Report](#) (additional fee negotiable at booking) and their [Mindfulness Report](#)

## Language

English offered (closed captioning available)

## IMPROVE JOB SATISFACTION AND ENGAGEMENT WITH MINDFUL STRENGTHS USE

Increased engagement. Higher productivity. Lower error rates. **Research says** these powerful results are possible when people are aware of and apply their **character strengths**—the positive personality traits that reflect their true selves. Similarly, multiple studies have shown that mindfulness practices reduce burnout, enhance emotional regulation and promote job satisfaction.

Help your group or organization understand the positive impact of mindfulness and character strengths, and how to put these practices into action, with this webinar. Live facilitation and group discussion will cover research-backed tips from some of the world's leading experts. Your group will learn:

- What the top 5 character strengths and *5 facets of mindfulness* mean to them and others
- How character strengths and mindfulness relate to *effective listening and speaking*
- Strengths-based mindfulness practices they can implement to regulate emotions, *manage stress* and more

By developing strong mindfulness, your group will be able to approach their work with **greater attention and diligence**. This webinar's activities will help them unlock their potential to connect strengths with purpose and mindfulness.

## FACILITATOR

Ruth Pearce, JD, PMP, ACC, is VIA's Ambassador and Facilitator—as well as president of ALLE LLC and co-founder of In It Together Coaching, which offers group coaching based on VIA Character Strengths. She shares tips to use character strengths for project management and building engaged, empowered teams through her book, LinkedIn Learning Course, and conferences nationally and internationally.



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