

Getting Started with Character Strengths

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)

Language

English offered (closed captioning available)

LEARN WHY & HOW TO USE CHARACTER STRENGTHS ON A DAILY BASIS

Looking for a research-based approach to help individuals from your team, group or organization discover what is best in them? Introduce them to their character strengths!

Character strengths are the positive parts of an individual's personality that impact how they think, feel and behave. Applying their unique strengths makes individuals *feel authentic and engaged*—in all areas of their life, including at work, at home and in their community.

This webinar explains how character strengths work, why they matter and what research says about their benefits. Your group will be guided through the results of their VIA Survey to better understand their unique profiles and how to leverage their strengths to improve well-being. This approach helps inspire each participant to begin the journey of *exploring and applying their strengths*.

Through live facilitation and group discussion, this webinar will help participants gain self-awareness, understand what they contribute to the team and learn how to spot the strengths of others. A Q&A section is included to engage your group with key concepts and empower them to continue with strengths application.

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.



Looking for a customized presentation?
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