

A central element in the development of self-knowledge, insights and self-awareness is to help the participants identify what drives them and hinders them in exploiting their potential. This Character Strengths approach is based on the VIA signature strengths as described by Peterson & Seligman (2004). A detailed description of each Character strengths is to be found in the ready to print material.

Peterson & Seligman (2004) have developed a classification of 24 central human strengths, which arise from universal human virtues across culture, geography, and religion. According to Seligman (2004), the 24 strengths are the road to realising the virtues.

The six universal virtues are made up of the 24-character strengths:

Virtue of Wisdom and Knowledge	Creativity Curiosity Perspective Love of learning Openness
Virtue of courage	Bravery (courage) Persistence Honesty (integrity) Vitality
Virtue of humanity (compassion and love)	Love Kindness Social Intelligence
Virtue of justice	Fairness Leadership Teamwork
Virtue of temperance	Forgiveness and Mercy Humility and modesty Prudence Self-regulation (self-control)
Virtue of Moderation and Transcendence	Appreciation of beauty and excellence Gratitude Hope Humour and playfulness Spirituality, or a sense of purpose

Peterson & Seligman (2004) define signature strengths as the strengths that are the most characteristic and recognisable for the individual, and the easiest to grasp in different situations because they are apparent and authentic for people.

Research and practice demonstrate that people actively working with their strengths will thrive better, are more confident, have higher self-esteem. Furthermore, they will have more energy and zest, experience less stress/are more resilient, perform better, are more committed, are better able to achieve their goals, develop faster and achieve lasting improvements. (Source: Centre for Applied Positive Psychology, 2010)



Strengths are, to a greater extent, context related, and according to researchers, applying strengths one will become more effective when combined and developed in a dynamic synergy with the reality, we interact in. Furthermore, there is evidence for an increased effect when people use their signature strengths in new ways over a period (Seligman, Stern, Park & Peterson, 2005).