# 12@12 - At Our Best

## Slide 1

Will you grow most in your areas of strength, or your areas of weakness?

## Slide 2

## Strengths are things at which we

## Enjoy doing

## Use often

## Energise us

## Strengths make us feel stronger

## Marcus Buckingham

## Slide 3

## Values in Action

## VIA Character Strengths

## Slide 4

## 24 strengths

## Citizenship

* Fairness
* Leadership
* Teamwork

Courage

* Bravery
* Perseverance
* Honesty
* Zest

Wisdom

* Creativity
* Curiosity
* Love of learning
* Judgement
* Perspective

Transcendence

* Hope
* Spirituality
* Humour
* Gratitude
* Appreciation of beauty

Humanity

* Social Intelligence
* Kindness
* Love

Temperance

* Self-regulation
* Prudence
* Humility
* Forgiveness

## Slide 5

## What might be some of your top VIA strengths ?

## Slide 6

* When we find new ways to use our VIA strengths we are
* 6x more engaged
* 3x more satisfied
* More resilient to stress
* Have better mental health
* Adapt better to change
* Have more energy and confidence

## Slide 7

Choose one strength that interested you

Now imagine what it would be like if this strength disappeared from the world for the next month

## Slide 8

Take: Take the free VIA Character Strengths survey

Consider: Consider how you feel about your strengths. Is it: ‘Yes that’s me!’ or “Why is that strength there?’ or “Is this me at my best?”

Notice: Notice how you use your character strengths each day. Try to find new ways to use them.

## Slide 9 Want to find out more?

VIA Institute on Character. [Free VIA Survey](https://www.viacharacter.org/survey/account/register)  https://www.viacharacter.org/survey/account/register

Marcus Buckingham. [Standout Strengths Assessment](https://www.marcusbuckingham.com/) https://www.marcusbuckingham.com/