

Title: Coaching Seminar: Strengths Exploration

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Abstract:

In this coaching seminar you will get to know the basics of positive psychology and strengths orientation. You will find out, how to make use of your own core qualities, especially for shaping your personal professional future.

With the VIA Inventory of Strengths (VIA-IS), you can first determine your personal strengths. Based on your profile, you will learn the systematics and application of the character strengths model. Methods and models of strengths-orientation and the importance of individual strengths for successful communication and cooperation in both private and professional contexts round off the contents of the seminar.