

Well-Being Video: Session Four- Character Strengths 1



Here we look at character strengths: qualities that are universally accepted as beneficial and admirable across every culture, society and religion.

These are qualities that are beneficial to oneself and others, qualities that energise us personally. We all have them and the more we embrace these and develop them the happier we will be. We are engaging in energising activities.

This session focuses on three of the six strengths categories: Wisdom, Courage and Humanity Strengths and offers opportunities to assess the presence of these within ourselves and others.

This video can be used for three sessions by investigation and role-play around each category.