

Well-Being Video: Session Six- Character Strengths 2



Again we continue looking 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 the last three of the six strengths categories: Justice, Temperance and Transcendence Strengths and offers opportunities to assess the presence of these within ourselves and others. While Temperance (Self Control) and Transcendence (less tangible) Strengths are less popular, these are shown to be hugely supportive to living in a world of mutual support and goodness.

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