

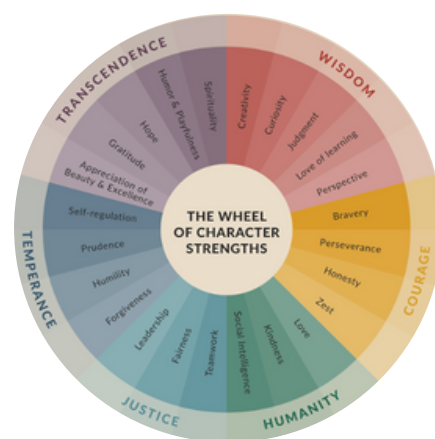
Character Strengths: Uncover the core capacities for living a meaningful life



Duration: 1 hour **Delivery:** Face-to-face or Online

Character strengths are the positive traits reflected in thoughts, feelings, and behaviours. Recognised and researched extensively in the field of positive psychology, these strengths are the core capacities for living a fulfilling, engaged, and meaningful life.

Tailored for schools, our engaging and informative character strength presentations and workshops introduce the science of character strengths in a practical, hands-on manner.



During this presentation and workshop, you will learn to:

1

Understand the role
Character Strengths can
play in supporting wellbeing

2

Identify your own unique
character strengths

3

Identify character
strengths in others

4

Apply strengths in
everyday life

5

Build a strength-based
community