



Intensive: Strengths

Character Strengths and Virtues in Practice

Opatija, Croatia, June 29, 2010



Learn the Backbone of Positive Psychology

The Croatia VIA Intensive: Strengths is a one-day workshop that delves into the best science-based interventions and research on the VIA Classification.

The VIA Survey and the new VIA Interpretive Report are fast becoming two of the most important tools in the repertoire of practitioners who are interested in being strengths-based with clients. The professionals who use these tools are counselors, psychologists, life and executive coaches, educators, business consultants, and managers.

The VIA identifies and illustrates the individual's unique constellation of character strengths. Created by Drs. Chris Peterson and Martin Seligman, (*Character Strengths and Virtues*, 2004), the VIA Survey measures 24 strengths of character that have been found to be universal across cultures, nations and time, and has been used by more than 1 million people worldwide.

This workshop will help practitioners deepen their knowledge of the VIA character strengths, and provide a framework and hands-on practice in using research-backed strategies to help maximize clients' character strengths to promote optimal health and well-being.

All registrants will receive a free code for one Interpretive Report. Please take the VIA Survey at www.viacharacter.org and download your report. Please review it and bring it with you to the Intensive.

This workshop is presented by the VIA Institute on Character, the non-profit organization that was founded to develop and distribute science-based knowledge about Seligman's and Peterson's groundbreaking work.

Other Cities – Register online at www.viacharacter.org

Atlanta (April 16-17)	Chicago (July 23)
Washington, DC (April 30-May 1)	San Francisco (July 23-24)
Cincinnati (May 7-8)	New York (Sept. 2)
UK (June 15-16)	Toronto (Nov. 11-12)
Copenhagen (June 22)	Miami (Nov. 18-19)

TBA: Singapore, Tokyo, Perth, and more

www.viacharacter.org 001-513-621-7501

Continuing Education Credits

ICF: The International Coach Federation has approved 6 CCE units (6 in Core Competencies and 6 in Other Skills and Tools).

APA: The VIA Institute is approved by the APA as a provider of continuing education for psychologists. The VIA Intensive provides 6 CE credits for psychologists. The provider maintains responsibility for the delivery of the program.

Questions: e-mail lindap@viacharacter.org.

Local Host

Ivana Ilijasic Mistic
iilijasic@ffri.hr

Registration – Opatija, Croatia June 29, 2010

Register online at www.viacharacter.org, or use this form, or phone Linda Parker 001-513-621-7501 weekdays from 9 a.m.-5:30 p.m. EDT. Email: Lindap@viacharacter.org

Name _____

E-mail _____

Mailing Address _____

Daytime Phone _____

Coach__ Psych.__ Student__ Other__ (please describe)

(enter payment information on reverse side)

VIA Intensive: Strengths

Character Strengths and Virtues in Practice

The nonprofit VIA Institute on Character is an initiative of the Manuel D. and Rhoda Mayerson Foundation, 312 Walnut St., Suite 3600, Cincinnati, OH 45202 001-513-621-7501

Tuition

Register now for best pricing!

Online: www.viacharacter.org Early Bird: Ends May 29, 6pm EST

	Early Bird	Full
Individuals	HRK 805 (\$150 USD)	HRK 1050 (\$195 USD)
Group 3+	HRK 805 (\$150 USD)	HRK 805 (\$150 USD)
Student	HRK 805 (\$150 USD)	HRK 805 (\$150 USD)

Registration includes:

- Course manual
- Consultant code for one VIA Interpretive Report (a HRK 218 value)
- Lunch, coffee, tea, snacks

Note: All participants, please take the VIA Survey at www.viasurvey.org. Please use your consultant code to receive your VIA Interpretive Report. Please bring it to the Intensive. You will use it extensively in the workshop.

Venue: Hotel Ambassador

Feliksa Persica 1, Opatija 51410, Croatia

Phone: +385 51 710 444

Fax: +385 51 710 410

<http://www.liburnia.hr/ambasador?lang=en>

Cancellation policy: All requests must be received in writing by postal mail, e-mail or fax, no later than June 15, 2010. Mail to: CANCELLATION, VIA Institute, 312 Walnut St., Suite 3600, Cincinnati, OH 45202; e-mail to lindap@viacharacter.org; or fax to USA 011-513-621-2864. Fees will be refunded minus a \$75 USD processing fee.

Registration (cont.)

Payment:

VISA__ MC__ Disc.___

Card No. _____

Expiration Date _____

Amount (in USD): \$ _____

Signature _____

__Check enclosed

Payable to VIA Institute on Character

312 Walnut St., Suite 3600, Cincinnati, OH 45202

Your Instructor



Ryan M. Niemiec, Psy.D., is Education Director of the nonprofit VIA Institute. He is co-author of *Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths* (2008) and two editions of *Movies and Mental Illness* (2005; 2010), and has written a number of related chapters and articles. Dr. Niemiec is a practitioner; he's a psychologist and certified coach who

has used the VIA character strengths in individual therapy, group therapy, coaching and consulting. He has presented internationally on a variety of positive psychology topics, ranging from strengths-based practice, positive assessment and positive interventions, to spirituality and mindfulness meditation.

Straight from the Experts

We know we can't gather all of positive psychology's renowned experts for each of our workshops, but we will bring them to you on exclusive video, created specifically for VIA Intensives. These researchers, theorists and practitioners will discuss the most important aspects of character strengths' research and practice. You'll hear several of the following:

Mihalyi Csikszentmihalyi, Todd Kashdan, David Cooperrider, Robert Biswas-Diener, Ed Diener, Carol Kaufmann, Jonathan Haidt, Donna Mayerson, Tayyab Rashid, Cynthia Pury, Neal Mayerson, Shelly Gable, Anthony Grant, Jennifer Fox-Eades, Barbara Fredrickson and Sonja Lyubomirsky

Learning Objectives

This one-day Intensive on Strengths is an experiential workshop that integrates lecture, media clips, and small group exercises. You will learn to:

- Practice working hands-on with signature character strengths.
- Explain the purpose and conceptual framework of the VIA Character Strengths and Virtues.
- Explain how to effectively use strength-spotting with clients.
- Describe a 3-step process for engaging in strengths-enhancing conversations with clients.
- List at least 2 examples of research that have been done with the VIA Classification of strengths and virtues.
- Demonstrate an effective approach to reviewing the VIA Interpretive Report (the expanded VIA results report with 5 graphical depictions of character strengths) with a client.
- Describe 3 evidence-based interventions that enhance awareness and use of character strengths.