Via Inventory Of Strengths

Ryan M. Niemiec, Dan Tomasulo

VIA Character Strengths: Theory, Research and Practice Hadassah Littman-Ovadia, Philippe Dubreuil, Maria Christina Meyers, 2021-06-01 The Guest Editors would like to express their profound gratitude to Pavel Freidlin for his valuable work in initiating this Research Topic and actively contributing to it.

The Mindfulness and Character Strengths Workbook Ryan M. Niemiec, 2023-07-10 Do we really have all we need within us to be happier, healthier, less stressed, or anxious in life? This book shows you how that can be true – people who apply this book's practices in their life have been shown to experience these benefits. You will learn how you can build your happiness and manage your stress at the same time! Dr. Ryan Niemiec, a global leader in character strengths and mindfulness, expertly walks you through how you can develop your best qualities. Some of these qualities – whether it is courage, zest, creativity, mindfulness, hope, self-regulation, or leadership – may be hidden, blocked, or lost. They are awaiting your discovery! Modern science is revealing new pathways for living a full life. The practices and ideas compiled in this book are some of the best strategies available to help you lead that life of authenticity, peace, strength, and meaning. And, these strategies aren't just for you – they're for all of us. They help build stronger relationships and contribute to the greater good. Packed with stories, practices, tips, and insightful research findings, this book has everything you need to work with your strengths and your mindfulness. What you have here is a toolbox of strategies for life. The toolbox is woven together in a process that you can easily tailor to your current work, family, and social life. This book can be also used in conjunction with participation in the groundbreaking Mindfulness-Based Strengths Practice program.

Mindfulness and Character Strengths Ryan M. Niemiec, 2023-07-10 This new, fully revised, and expanded second edition of the handbook for the groundbreaking, evidence-based Mindfulness-Based Strengths Practice (MBSP) program is the guide you need in your professional practice. Developed by author Dr. Ryan M. Niemiec, scientist, educator, practitioner, and a global leader in mindfulness and character strengths, the MBSP approach is about the discovery, deepening awareness, exploration, and application of character strengths. It is about understanding and improving how we pay attention in life – the quality by which we eat, walk, work, listen, and experience joy and peace. And it is about seeing our potential – which sits underneath our strengths of perseverance, bravery, curiosity, hope, kindness, fairness, and leadership – and which, unleashed, could benefit the world. MBSP is not only about our clients' own happiness, it is about the happiness of others too.

And it is an evolving, evidence-based program that can help people to relieve their suffering by using mindfulness and character strengths to cope with, overcome, or transcend problems, stressors, and conflicts. Counselors, coaches, psychologists, researchers, educators, and managers will discover the how-to delivery of mindfulness and character strengths. Following primers on the two strands of MBSP and deeper discussions about their integration, practitioners are then led step-by-step through the 8 sessions of the popular MBSP program. The session structure, scripts, tips, lecture material, processes, examples, and audio files are all there ready for use. This time-tested manual can bring beginners up-to-date on these topics while also serving to stimulate, inform, and provide valuable tools to the intermediate and most advanced students of mindfulness and character strengths. A companion workbook is also available for clients.

Character Strengths and Abilities Within Disabilities Ryan M. Niemiec, Dan Tomasulo, 2023-08-22 This book examines the science and practice of character strengths as the backbone for understanding, studying, and applying positive interventions across a wide range of disabilities. It explores character strengths as positive personality qualities most central to an individual's identity that create positive outcomes for building well-being and managing adversities and contribute to the collective good. The book recognizes disability as a part of the human experience that can emerge for anyone and the necessity for examining and applying strengths-based approaches. It explores what is known about character strengths and various disabilities from a science and practice perspective. The book reviews research on the assessment, correlations, concepts, populations, and applications of character strengths across disabilities. It disseminates disparate research and little-known best practices and hypothetical practices, along with multiple case examples, in the effort to advance the science and practice, bring a balanced approach to the field, and contribute to human flourishing. Key topics of coverage include: Attention-deficit/hyperactivity disorder (ADHD) and character strengths. Intellectual and physical disabilities, medical illness and character strengths. Mental and emotional disorders (e.g., trauma) and character strengths. Character strengths and disability across special issues including justice, inclusion, dual-diagnosis, and spirituality. Understanding character strengths as internal capacities and abilities across disabilities, problems, and suffering. Character Strengths - the Abilities Within Disabilities is an essential and valuable resource for researchers, professors, clinicians, practitioners, and therapists as well as graduate students in the fields of developmental and positive psychology, rehabilitation, social work, special education, occupational, speech and language therapy, public health, and healthcare policy.

The Routledge Companion to Happiness at Work Joan Marques, 2020-10-22 An unprecedented and important reference work, this research companion covers a range of aspects of happiness, an aim everyone aspires to achieve, yet can be easily overlooked in today's demanding and multi-challenged world, or confused with a plethora of quantifiable or career goals. This book helps readers to internalize happiness, form a healthy opinion about this emotion, and detach it from external factors that can only cause temporary discomfort or delight. A group of expert authors considers happiness within

three critical realms: internally, interactively, and work-related. Their thoughtful contributions approach happiness from a multiplicity of angles, and present a full spectrum of backgrounds and perspectives to consider, based on a wide range of circumstances, personal and professional. This companion will be valuable for researchers, students, and coaches, whether they seek input for future theory development, or motivation for performance in personal and professional life.

Peace Psychology and Character Strengths Ryan M. Niemiec, 2024-10-08 In this volume the sciences of peace psychology and character strengths integrate in a substantive way to examine how the positive parts of our personality can contribute and impact each "level" of peace - inner, relational, group, community, international, and ecological peace. Readers will discover a wide range of insights, models, and scholarship; new studies conducted for this volume; and practical strategies to bring greater peace to oneself, one's relationships, and the world.

Adolescent Screening: The Adolescent Medical History in the Age of Big Data Vincent Morelli, 2019-05-09 In this comprehensive look at adolescent screening and holistic health in the technology age, Dr. Vincent Morelli reviews the history of the adolescent health screen, what is being used now, and what needs to be considered in the future. An ideal resource for primary care physicians, pediatricians, and others in health care who work with adolescents, it consolidates today's available information on this timely topic into a single convenient resource. - Covers the history of the adolescent medical history and the need for an update of the biopsychosocial model, which has not significantly changed since 1977. - Discusses nutrition screening, sleep screening, exercise screening, adverse childhood experiences (ACEs) screening, educational screening, behavioral and emotional screening, and more. - Presents the knowledge and experience of leading experts who have assembled the most up-to-date recommendations for adolescent health screening. - Explores today's knowledge of health screening and discusses future directions to ensure healthy habits in adolescents, including education and self-efficacy.

Psychologists' Desk Reference Gerald P. Koocher, John C. Norcross, Sam S. Hill III, 2004-11-18 Here is the revised and expanded edition of the indispensable companion for every mental health practitioner. Improved over the first edition by input and feedback from clinicians and program directors, the Psychologists' Desk Reference, Second Edition presents an even larger variety of information required in daily practice in one easy-to-use resource. Covering the entire spectrum of practice issues--from diagnostic codes, practice guidelines, treatment principles, and report checklists, to insight and advice from today's most respected clinicians--this peerless reference gives fingertip access to the entire range of current knowledge. Intended for use by all mental health professionals, the Desk Reference covers assessment and diagnosis, testing and psychometrics, treatment and psychotherapy, ethical and legal issues, practice management and insurance, and professional resources. Chapters have been clearly written by master clinicians and include easy-to-read checklists and tables as well as helpful advice. Filled with information psychologists use everyday, the Psychologists' Desk Reference, Second Edition will be the most important and widely used volume in the library of psychologists, social workers, and

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Theory, Research, and Practical Guidelines for Family Life Coaching Kimberly Allen,2016-05-24 This volume focuses on breaking ground with family coaching, presenting theory, research and practical guidelines for researchers, educators and practitioners. Readers will discover a theoretical overview of coaching psychology and family science, accessibly presented research and models of family coaching and family life education. The insight this book provides into family systems and practical information on coaching families will be valuable to youth coaches, parent coaches, life coaches and counsellors, amongst others. Beginning with a brief introduction on the necessity of this volume and further research on family coaching in general, the author takes readers progressively through the family coaching process. The book explores specific strategies for coaching parents, couples, and families on relationships, parenting special needs, and much more. Each chapter offers a theoretical base as well as applied guidance including case studies, powerful questions, and tips from experienced family coaches. Whether you are a family therapist, a coaching psychologist, or a family life professional that serves children and families, this book is ideal for gaining a better understanding of how to coach families toward positive family functioning. Dr. Kim Allen delivers an engaging and reflective book offering a comprehensive guide for those interested in becoming a family coach.

Positive Psychology: Discovering human strengths Shane J. Lopez,2008 Most of psychology focuses on negatives and illnesses. Positive psychology is an attempt to redress the balance and focus on the positive aspects of life- human strengths and virtues that are found in the happiest people.

Enterprise Value: How the Best Owner-Managers Build Their Fortune, Capture Their Company's Gains, and Create Their Legacy Peter Worrell,2013-10-11 Increase the value of your business, capture the value when you sell—and build a POSITIVE PERSONAL LEGACY In Enterprise Value, the CEO of Bigelow LLC helps you address the longevity of your enterprise beyond your ownership of it—one of the most important issues for any business owner thinking about management and ownership transition. He offers the wisdom he has gleaned from hundreds of transactions over 30 years, exemplifying the best practices at work in the real world. Peter Worrell is CEO/Managing Director of Bigelow LLC.

Applied Positive Psychology in Business Ronja Boldt,2025-06-18 Seminar paper from the year 2019 in the subject Psychology - Industrial and organizational psychology, grade: 2,7, Catholic University Eichstätt-Ingolstadt, course: Applied Positive Psychology, language: English, abstract: Stärken entdecken – Potenziale entfalten: Wie Positive Psychologie Motivation im digitalen Wandel stärkt. Was macht uns im beruflichen Alltag wirklich stark? Welche Charaktereigenschaften

treiben uns an, gerade in Zeiten des digitalen Wandels? In ihrer praxisorientierten Arbeit verbindet die Autorin die Erkenntnisse aus der Positiven Psychologie mit den Herausforderungen moderner Arbeitswelten - und schafft so ein eindrucksvolles Plädoyer für die Kraft individueller Stärken. Im Zentrum stehen zwei international etablierte Persönlichkeitsmodelle: der Clifton StrengthsFinder (CSF) und das Values-in-Action Inventory of Strengths (VIA-IS). Beide Tests identifizieren Stärken, doch sie tun es aus unterschiedlichen Perspektiven. Während der CSF auf Talente und Handlungsmuster fokussiert, basiert der VIA-Test auf Tugenden und Charakterstärken. Die Autorin vergleicht die Ergebnisse beider Verfahren an ihrem eigenen Beispiel - und zeigt, wie überraschend, inspirierend und aufschlussreich solche Selbsterkenntnisse sein können. Besonders spannend: Wie wirken sich diese Stärken auf Motivation und Verhalten in Zeiten digitaler Transformation aus? Ronja Bauer analysiert, wie Eigenschaften wie Empathie, Verantwortung, Selbstregulation oder Teamfähigkeit helfen, neue Arbeitsmodelle, technologische Veränderungen und zwischenmenschliche Herausforderungen besser zu meistern. Dabei stellt sie auch innere Konflikte ehrlich dar - etwa den Umgang mit hoher Sensibilität oder das Spannungsfeld zwischen technischer Effizienz und menschlicher Tiefe. Die Arbeit ist nicht nur ein Beitrag zur Wirtschaftspsychologie, sondern ein kraftvoller Impuls zur persönlichen Weiterentwicklung. Sie ermutigt dazu, eigene Stärken zu erkennen, gezielt zu fördern und sie bewusst im Berufsleben einzusetzen - gerade in einer Zeit, in der Wandel zur Norm geworden ist. Ein inspirierender Leitfaden für alle, die Menschen führen, entwickeln oder einfach mehr über sich selbst erfahren möchten - fundiert, reflektiert und mit persönlicher Tiefe geschrieben.

Symposium, 2008

Journal of Psychology in Africa (south of the Sahara, the Caribbean, and Afro-Latin America). ,2008

Journal of Psychology in Africa ,2008

Psychometrics in Coaching Jonathan Passmore,2008 Psychometrics in Coaching offers expert advice on how coaches, consultants and human resources managers can use psychometrics to support and develop individuals in the workplace and outside. With a growing demand for psychometric testing in the coaching profession, coaches and practitioners alike need to understand the psychology underpinning the tests as well as how to select and apply them effectively. Written by an international team of global coaching practitioners and psychometricians, this book provides an overview of using psychometrics and providing feedback and offers clear explanations of the key models and tools used in coaching today. Whether you are new to using psychometric tests or an experienced practitioner, this book provides you with a deep understanding of the models, the theory and research behind them, their reliability and validity, and how to implement them as part of a wider coaching and development programme. Psychometrics in Coaching is an essential resource for those seeking expert guidance from the leading writers in the field, as well as students on psychology, psychometrics, business and human resources programmes. Includes contributions from: Beverly Alimo-Metcalfe * Elizabeth Allworth * Richard Barrett *

Profit from the Positive: Proven Leadership Strategies to Boost Productivity and Transform Your Business, with a Foreword by Tom Rath Margaret H. Greenberg, Senia Maymin, 2013-07-30 You've streamlined processes. You've restructured. You've sought customer and employee feedback. You've tried everything. Now, try something that works.

Whether you lead three employees or 3,000, this book shows you how to increase productivity, collaboration, and profitability using the simple yet powerful tools from the new field of Positive Psychology.

Positive Development Christopher Peterson, 2004 How can we promote the mental health of adolescents? Although there have been decades of work focusing on eliminating or reducing psychological problems in children and adolescents through psychopathology, clinical psychology, and psychiatry, isn't the ultimate goal for children to be safe, healthy, happy, moral, and fully engaged in life? The papers in this special issue of The ANNALS depart from the tradition of a disease-based model, where well-being is defined by the absence of distress and disorder. Although the authors recognize that decreasing negative aspects is an important step in promoting health among children and teens, they challenge the conventional approaches and call for increased attention to the positive aspect of human development. The articles in this issue are an important addition to the Annenberg Foundation Trust at Sunnylands' call for an Adolescent Mental Health Initiative, which was a series of conferences in 2003 at the University of Pennsylvania. This further one commission, led by Martin Seligman, was created to address positive youth development and its relevance to adolescent mental health. Providing a dramatic shift in perspective, these papers include innovative research topics and offer a solid framework for the idea of positive youth development including the history of positive youth development, highlights of effective positive youth programs, evaluation studies of a variety of interventions, examples of theory-based interventions, and more. Scholars, students, practitioners, and policymakers in the child and adolescent field will find this issue of The ANNALS a critical resource. It offers a refreshing position that emphasizes positive human development and strives toward the vision of young people who are satisfied with their life, who have identified their talents and use them in a variety of fulfilling pursuits, and who are contributing members

of our society.

The Psychologist, 2006

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