



Character Strengths

Discover and nurture the best in you.

The Science and Theory



Character strengths are parts of your personality that lead to positive outcomes for yourself and those around you. They are expressions of virtues that have long been celebrated across history and culture. Recognizing and using character strengths promotes healthy functioning, decreases depression, and enhances work performance. This module, based on the Values in Action (VIA) typology of Character Strengths, helps you discover, celebrate, and apply the best of who you already are.

The Practice



In this session, you will learn:

- The language of character strengths
- How to describe your signature strengths
- Ideas way to use your strengths optimally
- Ways to incorporate strengths into your daily life

The Module



This 2-hour course introduces you to character strengths.

- Part 1: The science of character and the history of virtues
- Part 2: Character strengths and signature strengths
- Part 3: Strengths spotting
- Part 4: The golden mean of strengths use

Complementary Modules



This 2-hour module pairs well with:

- Module 2: Authentic Happiness
- Module 9: Life and Career Crafting

Our Approach



Our Emotivity micro-skills courses follow our **ARC (Acquire-Refine-Cultivate)** model. We believe that learning works best through not just the acquisition of new information, but when learners have opportunities to refine, adjust, and then cultivate their newly-acquired skill. Our ARC approach follows principles from educational and positive psychology to deliver a learning experience that is evidence-based, relevant, and ultimately, practical. Our modules can be offered in-person or remotely.

Contact Us



For more information on this course, or to engage one of our trainers for your session, email teeyj@help.edu.my

Web and Resource Article



- www.emotivity.my
- <https://emotivity.my/seaing-the-best-in-yourself-and-others>

References



Niemiec, R. M. (2018). *Character strengths interventions: A field guide for practitioners*. Hogrefe Publishing GmbH.

Schutte, N. S., & Malouff, J. M. (2019). The impact of signature character strengths interventions: A meta-analysis. *Journal of Happiness Studies*, 20(4), 1179-1196.

Vásquez-Pailaqueo, M. P., Acosta-Antognoni, H., & Leiva-Bianchi, M. (2025). Character strengths-based interventions and their efficacy related to work engagement and job performance: A meta-analysis. *International Journal of Applied Positive Psychology*, 10(1), 21.