



Pre-reading for Presenter

Ask your learners to complete the VIA Character strengths survey – it only takes 10 minutes and will form the basis for discussion surrounding how we each can use our character strengths both at work and home.

VIA Inventory

<https://www.viacharacter.org/www/Character-Strengths-Survey>

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Positive Psychology Video – this video serves as a general introduction to positive psychology is embedded in the PowerPoint, but the presentation will need to be downloaded to enable the video to be played during the session (otherwise will appear as a black screen).

<https://www.youtube.com/watch?v=1qJvS8v0TTI>

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Internet Resources

<http://www.pursuit-of-happiness.org/history-of-happiness/martin-seligman-psychology/>

<https://positivepsychologyprogram.com/perma-model/>

<https://www.wellbeingandresilience.com/sites/swrc5/media/pdf/permaandcentreoverview.pdf>

<https://www.authentic happiness.sas.upenn.edu/learn/wellbeing>