

What are your character-strengths?

Main goal:	<p>In this 5-day course you will get an opportunity to learn about different character strengths and how they shape our personality and image of ourselves, our thoughts, emotions and behavior.</p> <p>You will get a chance to:</p> <ul style="list-style-type: none">• identify your main character strengths• explore ways to use them more in daily life.
Description:	<p>Studies have shown that identifying our character strengths and finding new ways to use them, can have a positive effect on self-esteem, increase wellbeing and increase feelings of purpose and meaning in life. It can also be useful to be able to name and explain your top strengths for a job-interview.</p>
Study material:	<p>In the first session you will get a workbook to take home and work on through the week with some exercises that help you identify your main character strengths and guide you through ways to use them in new ways in daily life.</p>
Methods:	<p>Lectures, discussions and assignments</p>
Duration:	<p>5 times, 10 lessons</p>
Teacher:	<p>Helga Arnardóttir, Master of Science in Social and Health Psychology, diploma in Positive Psychology</p>