


2012
La calle del Almendro
Madrid, 2012, Es una callecita
minúscula donde hay
varios árboles que
florescen en plena ciudad.
La descubrí un día que caminaba
por las calles sin rumbo
preciso, quedaba muy cerca
de mi casa en Príncipe de Anglona.
Fue como descubrir un tesoro.

Los almendros de
La Quinta del Indro
Madrid 2012

Mindfulness-Based Strengths Practice (MBSP) Workshop

« When the laser of our mindful attention is pointed clearly at what is best and already exists in us, the possibility of flourishing increases. »

Ryan M. Niemiec, VIA Institute on Character



Mindfulness-Based Strengths Practice (MBSP)

- Mindfulness-Based Strengths Practice (MBSP) is a new program developed by the VIA Institute on Character that brings together the latest science of mindfulness and character strengths into a practical learning experience to help people flourish by getting in conscious contact with their inner strengths (e.g., social intelligence, leadership, teamwork, creativity, honesty, bravery, perspective, etc.).
- The MBSP program introduces the art of developing character strengths and well-being through mindfulness, proposing a blending of experiential exercises, different types of mindfulness practices, dyad discussions, and group sharing.
- MBSP is inspired by well-known health-oriented Mindfulness Based Interventions (MBI), like the Mindfulness-Based Stress Reduction (MBSR) work of Dr. Jon Kabat-Zinn, and the Mindfulness Based Cognitive Therapy (MBCT) work of Dr. Zindel Segal, as well as the teachings of Zen Master Thich Nhat Hanh.

MBSP Workshop Program

- This intensive 8-week in-person program is built upon 8 sessions of 2h30 each.
- Additional 30 min. of warm-up mindful yoga movements and body awareness exercises are offered as an introduction to each session.
- Homework assignments include mindfulness and character strengths reading and practical exercises.
- The 8 weekly sessions are supplemented with a mindfulness day retreat.

Dates 2019 #02FE

- #1: Friday, August 30, 18h00.
- #2: Friday, September 6, 18h00.
- #3: Friday, September 13, 18h00.
- #4: Friday, September 20, 18h00.
- #5: Friday, September 27, 18h00.
- #6: Friday, October 4, 18h00.
- Retreat: Saturday, October 5, 9h00 - 16h00 - Lunch included.
- #7: Friday, October 11, 18h00.
- #8 Friday, October 18, 18h00 or Friday, October 25, 18h00.

Info sessions

- 2 practical info sessions of 1h30 are offered Wednesdays July 24 and August 28 at 19h30.

Location

- All info and weekly sessions, and the mindfulness day retreat will take place in Lausanne, Switzerland, at l'Assise - www.l-assise.ch
- Yoga mats and meditation cushions are available on-site. You are welcome to bring yours.

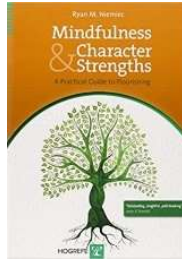
Facilitation

- The MBSP program has been piloted in several countries since 2014 with proven positive results and is now offered for the first time in Switzerland led by Jaume Gallifa and co-led by Dana Walden and Sonia Domínguez.
- Jaume Gallifa, MBA, PMP, ACC is the founder and Managing Director of Gallifa & Partner LLC. Jaume has developed his career in corporate leadership positions in a variety of industries and organizations, specializing in mindful transformational change and strengths flourishing – www.gallifa.ch
- Dana Walden, MBA, PCC is the founder and Managing Director of Certo Coaching & Consulting LLC, where she offers consulting, assessment and coaching services to individuals and organizations in the areas of leadership, emotional intelligence and strengths development – www.certoco.com
- Sonia Domínguez is a certified Yoga instructor with 20 years

of experience in corporate business management around the globe and 10 years of bodywork, yoga and mindfulness practice.

Requirements

- Due to the interaction and rigor of this workshop, it is important that participants attend all 8 sessions and the mindfulness day retreat.
- Purchase the book by Dr. Ryan M. Niemiec (2014). *Mindfulness & Character Strengths: A Practical Guide to Flourishing*. Includes CD. Can be ordered on Amazon.com @ USD 34.-, via Hogrefe.ch @ CHF 38.50, or directly in the workshop.
- Take the VIA PRO Survey on the VIA web site. USD 40.- The basic VIA Survey can be taken at no cost.



Costs

- For the introduction of the MBSP workshop in Switzerland we are pleased to offer a discounted price of CHF 450.- This includes the 8 sessions, the mindfulness day retreat, the retreat lunch and the mindful yoga sessions.
- Optional: 3 personal strengths flourishing coaching sessions of 1h30 for CHF 450.-
- Reduced-price seats are available. Contact us if the price is an issue.

Enrollment/Info

- E-mail: info@gallifa.ch



The VIA Institute on Character is a non-profit organization dedicated to bringing the science of character strengths to the world - www.viacharacter.org



The Flourishing Circle

teaming for flourishing excellence

The Flourishing Circle is an alliance of service professionals that envisions and contributes to a possible better world enjoying a sustainable increase in performance and well-being through transformational change and strengths flourishing.



Gallifa & Partner LLC

teaming for excellence

The MBSP workshop is organized by Gallifa & Partner LLC, a professional services company specialized in transformational change and strengths flourishing -

www.gallifa.ch

