

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 Dr. Ryan M. Niemiec at the VIA Institute on Character.
- **MBSP brings together the latest science of mindfulness and character strengths** into an active 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, hope, etc.).
- This evidence-based mindfulness and positive psychology program **introduces the art of developing sustainable well-being through mindful character strengths balanced use** proposing a blending of practical exercises, different types of body-mind practices, dyad discussions, and group sharing.
- This intensive 8-week MBSP workshop is **for people aiming to flourish** by developing strengths awareness and a better sense of resourceful identity, as well as increasing positive emotions and relationships, life and work engagement, purpose, accomplishment, resilience, and health.

Evidence-Based

- 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.
- The benefits of MBSP are also confirmed by recent evidence-based positive psychology research.

MBSP Workshop Program

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

Info Sessions

- 2 practical info sessions of 2 hours each are offered Fridays December 6, 2019 and January 17, 2020 at 18h30.

Location

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

Dates 2020 #03FE

- #1: Friday, January 31, 18h00.
- #2: Friday, February 7, 18h00.
- #3: Friday, February 14, 18h00.
- #4: Friday, February 21, 18h00.
- #5: Friday, February 28, 18h00.
- #6: Friday, March 6, 18h00.
- Retreat: Saturday, March 7, 9h00 - 16h30 - Lunch included.
- #7: Friday, March 13, 18h00.
- #8: Friday, March 20, 18h00

Facilitation

- The MBSP program has been successfully launched worldwide since 2014 and is now introduced in Switzerland by Jaume Gallifa.
- Jaume Gallifa, MBA, ACC is the 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.linkedin.com/in/jaumegallifa

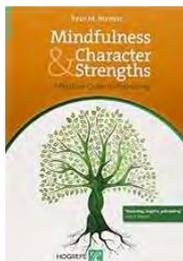
Requirements

- Due to the interaction and rigor of this workshop, it is advised that participants attend all 8 sessions and the mindfulness day retreat.
- 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 in 2020 we are pleased to offer a discounted price of CHF 600.- for the 30 hours of active learning. This includes the 8 MBSP and mindful movement sessions, the mindfulness day retreat, the retreat lunch, and all the workshop material.

- The book by Dr. Ryan M. Niemiec (2014). Mindfulness and Character Strengths: A Practical Guide to Flourishing @ CHF 38.50 is offered as part of the workshop inscription.



- Several mindfulness and character strengths books will be presented and are optional.
- An optional personal flourishing Zen coaching session of one hour is also offered on request.
- Reduced-price seats are available for students, AVS, AC, etc. Please do 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 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 mindful transformational change and strengths flourishing.



This MBSP workshop is organized by Gallifa & Partner LLC, a professional services company specialized in mindful transformational change and strengths flourishing - www.gallifa.ch

