

2012

La calle del Almendro  
Madrid, 2012, Es una callecita  
minúscula donde hay  
varios árboles que  
florecen en plena ciudad.  
La descubrí un día que caminaba  
por las calles sin rumbo  
de saber a dónde iba.  
Fue como descubrir un tesoro.

La quinta del almendro  
Madrid, 2012

# Flourishing with the Mindfulness-Based Strengths Practice (MBSP) Program

« 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) Program

- Mindfulness-Based Strengths Practice (MBSP) is a new program developed by Psy.D. Ryan M. Niemiec, Education Director of the renowned 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., curiosity, perspective, bravery, kindness, social intelligence, leadership, humor, open-mindedness, hope, perseverance).
- Mindfulness improves the ability to uncover, cultivate and manifest character strengths consciously. Character strengths, in turn, can be used to reinforce a joyful and engaged mindfulness practice. **Such practical integration of mindfulness and character strengths in life generates a flourishing upward spiral.**
- This evidence-based mindfulness and positive psychology program **introduces the art of developing sustainable well-being, health and performance through mindful and heartfelt balanced strengths use**, proposing a blending of experiential exercises, different types of mindfulness practices, dyad conversations, and group sharing.
- **MBSP is for people aiming to flourish by developing a more integrative strengths awareness and a better sense of resourceful identity**, and by increasing positive emotions and relationships, life and work engagement, purpose, accomplishment, resilience, work performance, and health.

## Evidence-Based

- MBSP is inspired by well-known mindfulness-based interventions, namely MBSR and MBCT, as well as the teachings of Zen master Thich Nhat Hanh.
- The flourishing benefits of MBSP are confirmed by evidence-based positive psychology research.

## 8-Week Program in Lausanne

- This in-person MBSP program is built upon 8 weekly workshop sessions of 3h each.
- 15 min. of Qi Gong mindful movements introduce each session.
- Activities between workshops include daily mindfulness and character strengths practices, journaling, and empirical exercises.
- The program includes a mindfulness day retreat.

## Requirements

- Due to the interaction and rigor of this program, it is recommended that participants attend all sessions.
- Take the free VIA Survey on the VIA website – [www.viacharacter.org](http://www.viacharacter.org)

## Info & Enrollment

- An info and enrollment workshop session is offered Friday, September 11, 2020 at 18-20h.

## Location

- The info and enrollment session, all weekly sessions, and the mindfulness day retreat take place at l'Assise – [www.l-assise.ch](http://www.l-assise.ch)
- Yoga mats and meditation cushions are available on-site.

## Dates 2020 #05FE LNE

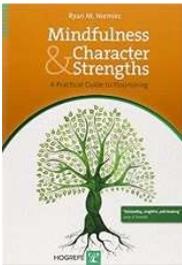
- #1: Friday, September 18, 18h.
- #2: Friday, September 25, 18h.
- #3: Friday, October 2, 18h.
- #4: Friday, October 9, 18h.
- #5: Friday, October 16, 18h.
- #6: Friday, October 23, 18h.
- Retreat: Saturday, October 24, 9–16h30. Organic vegetarian lunch included.
- #7: Friday, October 30, 18h.
- #8: Friday, November 6, 18h.

## Facilitation

- MBSP was launched worldwide by Ryan M. Niemiec in 2014 and was introduced in Switzerland by Jaume Gallifa in 2019.
- Jaume Gallifa, MBA, ACC  
Founding member of The Flourishing Circle and Managing Director of Gallifa & Partner LLC, Jaume is a certified coach (ICF), MBSP and Zen practitioner specialized in transformational change and flourishing – [www.gallifa.ch](http://www.gallifa.ch).

## Program Fees

- The price for the 30 hours of in-person active learning is CHF 690.- This includes the 8 weekly sessions, the mindfulness day retreat, the retreat organic vegetarian lunch, and all the program material.
- The book by Ryan M. Niemiec (2014) *Mindfulness and Character Strengths: A Practical Guide to Flourishing* is offered as part of the program material. The book by Ryan M. Niemiec & Robert E. McGrath (2019) *The Power of Character Strengths* is optional.



- Reduced-price seats are available for students, AVS, AC, etc. Please do contact us if the price is an issue.
- A free coaching session is offered to all participants on request.
- Participants gain access to the MBSP Alumni Community of Practice.

## Alumni Sessions

- Thematic workshop sessions are offered regularly to MBSP Alumni to learn more and experience the benefits of integrating mindfulness and character strengths.

## Info

E-mail – [info@gallifa.ch](mailto: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](http://www.viacharacter.org)

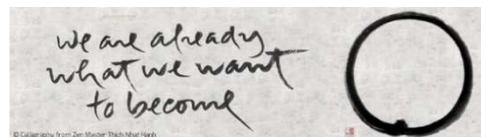


*the Flourishing Circle*

The Flourishing Circle is a non-profit alliance and community of practice (CoP) of MBSP certified practitioners contributing to a possible better world enjoying sustainable flourishing and performance through mindfulness and character strengths practice – [www.thefLOURISHINGcircle.org](http://www.thefLOURISHINGcircle.org)



This Lausanne MBSP program is proposed by Gallifa & Partner LLC, a professional services company specialized in transformational change and flourishing – [www.gallifa.ch](http://www.gallifa.ch)



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