

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
breve y quedé maravillado
de su belleza. Fue como descubrir un tesoro.

Un día de los años
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 Basel

- 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

Info & Enrollment

- Info and enrollment sessions are offered Monday, October 19, and Friday, November 27, 2020 at 19-21h.

Location

- The info and enrollment sessions, all weekly sessions and the mindfulness day retreat take place at the Center for Mindfulness Basel – www.zentrum-fur-achtsamkeit.ch

Dates 2021

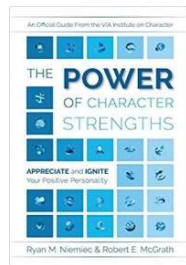
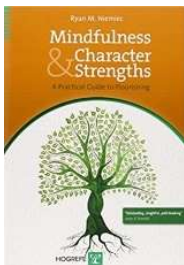
- #1: Friday, January 15, 18h.
- #2: Friday, January 22, 18h.
- #3: Friday, January 29, 18h.
- #4: Friday, February 12, 18h.
- #5: Friday, February 26, 18h.
- #6: Friday, March 5, 18h.
- Retreat: Saturday, March 6, 9–16h30.
- #7: Friday, March 12, 18h.
- #8: Friday, March 19, 18h.

Facilitation

- **Jaume Gallifa, MBA, ACC**
Founding member of The Flourishing Circle, Jaume is a certified coach (ICF), MBSP and Zen practitioner specialized in transformational change and flourishing.
- **Lutz Hempel, MBA**
Founder of Groovin' Organization, Lutz is a consultant, facilitator, MBSP and Zen practitioner specialized in natural agility and resonance. He leads the Basel regional group of Netzwerk Achtsame Wirtschaft (Network for Mindful Business) – www.groovin-organization.com

Program Fees

- The price for the 30 hours of in-person active learning is CHF 850.- This includes the 8 weekly sessions, the mindfulness day retreat, 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 – lutz@groovin-organization.com



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

The Flourishing Circle is a non-profit alliance and community of practice (CoP) of MBSP certified practitioners – www.theflourishingcircle.org



MBSP was launched worldwide in 2014 and was introduced in Switzerland in 2019 by Gallifa & Partner LLC – www.gallifa.ch



The Basel MBSP program is proposed by Groovin' Organization – www.groovin-organization.com