

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 and launched worldwide in 2014 by Psy.D. Ryan M. Niemiec, Education Director of 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 contact with, appreciating, and cultivating their inner character strengths (e.g., curiosity, open-mindedness, self-regulation, perseverance, perspective, leadership, teamwork, kindness, social intelligence, humor, hope, etc.).
- Mindfulness improves the ability to uncover, nurture, and manifest character strengths consciously. Character strengths, in turn, can be used to reinforce a congruent, 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 self-leadership flourishing strategies, experiential exercises, different types of mindfulness practices, dyad conversations, group sharing, and journaling.
- **MBSP is for people aiming to flourish by developing a more integrative self-as-process awareness and a better sense of their own whole identity and resourceful mind**, as well as by increasing positive emotions and relationships, life and work engagement, purpose, and accomplishment (PERMA).

Evidence-Based

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

8-Week Online

- This online program is built upon 8 weekly sessions of 2h30 each, including a mindful pause.
- 15 min. of optional Qi Gong mindful movements are offered before each session at 18:00 CET.
- Activities between sessions include daily mindfulness and character strengths practices, journaling, and empirical exercises.
- This program includes a half-day online mindfulness 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 online. Dates and registration at – www.gallifa.ch

2021 #09FE OL Program Dates

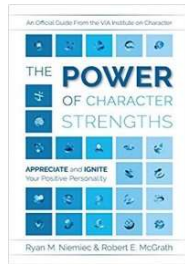
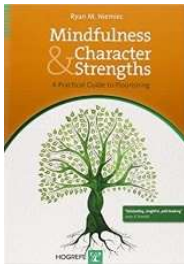
- All weekly sessions and the mindfulness half-day retreat take place online via Zoom:
- #1: Friday, April 30, 18:15 CEST
- #2: Friday, May 7, 18:15 CEST
- #3: Friday, May 21, 18:15 CEST
- #4: Friday, May 28, 18:15 CEST
- #5: Friday, June 4, 18:15 CEST
- #6: Friday, June 11, 18:15 CEST
- Retreat: Saturday, June 12, 09:00–12:30 CEST
- #7: Friday, June 18, 18:15 CEST
- #8: Friday, June 25, 18:15 CEST

Facilitation

- **Jaume Gallifa, MBA, ACC**
Founder of Gallifa & Partner LLC, Jaume is a coach (ICF), MBSP and Zen practitioner, specialized in self-leadership, transformational change, and flourishing.
- **Lutz Hempel, MBA**
Founder of Groovin' Organization, Lutz is a consultant, facilitator, coach, MBSP and Zen practitioner, specialized in natural agility and wholeness, resonant leadership, and mindful business.
- **Céline Jaquet, BAarts, EIA**
Céline is a coach, meditation trainer, and MBSP practitioner specialized in occupational health and well-being.

Program Fees

- The price for online participation is CHF 700.-. This includes all weekly sessions, the mindfulness half-day retreat, and all the program material.
- The MBSP book by Ryan M. Niemiec (2014) Mindfulness and Character Strengths: A Practical Guide to Flourishing, is highly recommended – www.hogrefe.com
- 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 (CoP).

MBSP Alumni

- Thematic sessions are offered regularly to MBSP Alumni CoP to gather, share about, learn more, and experience the benefits of integrating mindfulness and character strengths.



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 introduced publicly in Switzerland in 2019 by Gallifa & Partner LLC – www.gallifa.ch



This program is proposed by Gallifa & Partner LLC in collaboration with Groovin' Organization – www.groovin-organization.com

More Info

E-mail – info@gallifa.ch