



## A CELEBRATION OF GROUP STRENGTH

Developing your character strengths is a valuable endeavour that can enhance your well-being and personal growth.

Compiling your collective strengths as a family, friends group or organisation is a wonderful way to acknowledge the strengths of all and celebrate uniqueness.

Ask everyone to take time to complete the via Character strengths survey, collate the data using each person's top strength into a word cloud , print and display for all to see.

Discuss your collective strengths and reflect on areas you may wish to develop as a group.

Using Character Strengths for Health and Well-being - Virtual Health ...An example may be to discuss ways to practice a strength in a deliberate way and take action over a period of time monitoring how the use of the strength collectively affects the group as a whole.

**Free word cloud generator - [www.wordclouds.com](http://www.wordclouds.com)** List the 24 Strengths in the words dropdown list Give each word a weight using the number of people who have the particular strength as their top strength. Get creative with colours ,shapes and text types and frame for display, post on socials and use it to lead discussion for team wellbeing.

