



Technical sheet for mentors



2. MY CHARACTER STRENGTHS

Mentorvention Phase	Dimension	Duration (mins)	Number of participants (min/max)
Mentorvention circles	Self-awareness	30 mins	1
Learning-2-Learn dimension elements	<ul style="list-style-type: none"> - Reflecting on past experiences - Evaluating own strengths - Understanding own motivations - Locating own interests - Evaluating own aspirations 		
Tags	Strengths, character, motivating, positive psychology, life improvement, positive narratives		





The aim of the activity

To help mentees identify and explore their personal Character Strengths.

Gaining insight into and knowledge about one's character strengths enhances the possibility of reinforcing these. Knowledge and awareness of personal Character Strengths are both motivating and useful when trying to create lasting improvements in life.

An additional assessment of one's Character Strengths can be used for comparing and reflecting upon. This can strengthen a positive narrative and outlook on the opportunities in life.

Preparation

Internet access and devices. It is best to have either an ipad or computer/laptop, but a smartphone is also ok if nothing else is possible. Taking the online survey requires a sign-up and email. Either each participant creates their own account on the via platform, or the mentor creates temporary emails for the mentees. It is possible to receive a pdf copy of the test results by email, but if you want to print them out, then access to a printer would be necessary.





Application

INSTRUCTIONS

The via platform provides a free online survey for the participants. The participants can select their own language in which they wish to do the test. The platform exists in most languages. Register at Via.org to take the free online survey via this link.

<https://www.viacharacter.org/account/register>

The participants can complete the test and print out the results in their first language. The participants must answer all the questions (120) to get the final result. Save the results.

Ask the participants to present their results of the profile to the group and have them tell how they see themselves reflected in it.

Save the results, and ask them to think of these strengths when they complete their everyday tasks. Which do they use and when? This topic can be used every time you meet, as a touch base or ice-breaker situation. Telling your mentor circle about the strengths I used and when, can be a good way to create positive narratives.



Direct link to the activity handout on the learning platform

Learn more

<https://upsim.aidlearn.eu/en/>

<https://www.viacharacter.org/account/register>

-- NO HANDOUT --

