Exercise 1 - Values In Action Survey
Understand your character strengths

The “Values in Action Survey” was developed by Martin Seligman and Christopher Peterson and is designed to help personnel identify the character strengths that are important to them. Actively using your strengths and working in alignment with them can help improve productivity and enjoyment at work.

Who is it for: Each Team Member (1:1)
Time: 15 minutes to complete online + 1:1 meeting
Tools required: Computer & office space

Instructions for the use:

Step 1:
Provide team members with the following link advising that the survey will take approximately five minutes.

https://www.viacharacter.org/www/Character-Strengths

Step 2:
Arrange for a one to one conversation with staff to support with active application of strength in job role. During the 1:1 ask the questions below, regarding each identified strength. Then complete exercise 3 with focus on those energising strengths not currently being used.

1. In your experience are you good at it?
2. Does it energise you?
3. How often do you use it?