



LAWYER WELL-BEING WEEK

MAY 4-8, 2020

MON



STAY STRONG

Physical Well-Being

TUES



ALIGN

Spiritual Well-Being

WEDS



ENGAGE & GROW

Career & Intellectual Well-Being

THURS



CONNECT

Social Well-Being

FRI



FEEL WELL

Emotional Well-Being

LAWYER WELL-BEING WEEK ACTIVITY PLANNING GUIDE

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Activity Title:	Self-Mastery and Peak Performance Through Character Strengths
Well-Being Dimension:	Intellectual/Occupational
Complexity Rating (1 to 3):	1 2 3 (Options below)
Required Resources/Materials:	https://www.viacharacter.org
Authors:	Jonathan Beitner, jonathan.beitner@gmail.com , see LinkedIn profile Elina Teboul, The LightUp Lab, elina@lightuplab.com , thelightuplab.com

Activity Objective:

The purpose of this activity is to become familiar with character strengths and to identify personal (and team) top character strengths. Understanding one's strengths can help to handle stress and challenges, become happier and master goals. Understanding colleagues' strengths can create resilient and cohesive teams and develop relationships in and out of the office.

Well-Being Connection (How/Why Does this Work?)

- Seligman, M. E. P. (2015). Chris Peterson's unfinished masterwork: The real mental illnesses. *The Journal of Positive Psychology*, 10(1), 3–6. <https://doi.org/10.1080/17439760.2014.888582>
- Park, N., Peterson, C., & Seligman, M. E. (2004). Strengths of character and well-being. *Journal of social and Clinical Psychology*, 23(5), 603-619.
- Niemiec, R. M. (2013). VIA character strengths: Research and practice (The first 10 years). In H. H. Knoop & A. Delle Fave (Eds.), *Well-being and cultures: Perspectives on positive psychology* (pp. 11-30). New York: Springer
- Park, N., Peterson, C., & Seligman, M. E. (2004). Strengths of character and well-being. *Journal of social and Clinical Psychology*, 23(5), 603-619.

Procedure

<p>Preparation</p>	<p><u>Level 1 Activity</u> Simply take the free VIA Character Strengths Test available at: https://www.viacharacter.org</p> <p>Level 1 Bonus: Schedule a 1:1 consultation with a coach to help you dig deeper into your strengths and how to use them most effectively to unlock your full potential.</p> <p><u>Level 2 Activity</u> Get together with colleagues after taking the VIA Character Strengths Test and discuss your results.</p> <p>Complete a handout with the following questions: I. Identify one way you already use each strength at work II. Identify one new way you would like to use each strength in the coming months III. How can knowing your strengths help you to work on your weaknesses? a. Identify 3 skills you would like to work on in the coming year. b. Identify one way you can improve each skill c. Identify one way you can use each skill in the coming months</p> <p><u>Level 3 Activity</u> Invite an expert to help your team explore strengths-based team building. Learn your own strengths and those of your team members and how you can most effectively work together.</p>
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Suggestions for Resources

Online Resources:

- <https://positivepsychology.com/strength-finding-tests/>

Contact The Activity Guide Authors:

- Elina Teboul, Executive Coach & Founder of The LightUp Lab. Learn more at www.lightuplab.com. Contact Elina at elina@lightuplab.com for more information for more information on 1:1 coaching, team workshops and trainings (with potential for CLE credit), and speaking engagements.
- Jonathan Beitner is a former BigLaw litigator, certified coach, and attorney well-being expert. Contact Jonathan at jonathan.beitner@gmail.com for more information about individual coaching or group workshops and trainings.