



# WELL-BEING WEEK IN LAW

# WELL-BEING WEEK IN LAW ACTIVITY PLANNING GUIDE



**STAY STRONG**  
Physical Well-Being



**ALIGN**  
Spiritual Well-Being



**ENGAGE & GROW**  
Career & Intellectual Well-Being



**CONNECT**  
Social Well-Being



**FEEL WELL**  
Emotional Well-Being

Activity Title:	Self-Mastery and Peak Performance Through Character Strengths
Well-Being Dimension:	Intellectual/Occupational
Required Resources/Materials:	<a href="https://www.viacharacter.org">https://www.viacharacter.org</a>
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**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

Preparation	<p><b><u>Level 1 Activity</u></b> Simply take the free VIA Character Strengths Test available at: <a href="https://www.viacharacter.org">https://www.viacharacter.org</a></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><b><u>Level 2 Activity</u></b> Get together with colleagues after taking the VIA Character Strengths Test and discuss your results.</p> <p>Complete a handout with the following questions:</p> <ol style="list-style-type: none"><li>I. Identify one way you already use each strength at work</li><li>II. Identify one new way you would like to use each strength in the coming months</li><li>III. How can knowing your strengths help you to work on your weaknesses?<ol style="list-style-type: none"><li>a. Identify 3 skills you would like to work on in the coming year.</li><li>b. Identify one way you can improve each skill</li><li>c. Identify one way you can use each skill in the coming months</li></ol></li></ol> <p><b><u>Level 3 Activity</u></b> 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:

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- Jonathan Beitner is a former BigLaw litigator, certified coach, and attorney well-being expert. Contact Jonathan at [jonathan.beitner@gmail.com](mailto:jonathan.beitner@gmail.com) for more information about individual coaching or group workshops and trainings.