

3^{ème} Journée romande de psychologie positive



Atelier 6 (en anglais)

Flourishing with the Mindfulness-Based Strengths Practice (MBSP) Program

Very few evidence-based mindfulness programs available today are oriented towards psychological flourishing (Ivtzan, 2020). It seems the lack of attention to human flourishing that triggered the development of the positive psychology discipline remains present in the current mindfulness programs offer.

The Mindfulness-Based Strengths Practice (MBSP) program was proposed in 2014 by Psy.D. Ryan M. Niemiec (VIA Institute on Character). It was introduced in Switzerland by Ph.D. Dandan Pang in 2015-17 for research purposes at UZH and since 2019 is proposed to a larger public.

MBSP brings together the latest science of mindfulness and character strengths to increase people's flourishing through integrative strengths awareness, a better sense of resourceful identity, mindful and heartfelt balanced strengths use, and self-leadership practice. In this workshop we will briefly introduce the MBSP program and propose experiential exercises.

References

- Ivtzan, Itai Ed. (2020). Handbook of Mindfulness-Based Programmes.
- Niemiec, Ryan M. (2014). Mindfulness and Character Strengths: A Practical Guide to Flourishing.
- Pang, Dandan & Ruch, Willibald (2019a). Fusing Character Strengths and Mindfulness Interventions: Benefits for Job Satisfaction and Performance. *Journal of Occupational Health Psychology*, 24(1):150-162.
- Pang, Dandan & Ruch, Willibald (2019b). The Mutual Support Model of Mindfulness and Character Strengths. *Mindfulness*, 10(8):1545–1559.



Jaume Gallifa, MBA, ACC (jaume.gallifa@gallifa.ch). With a background in Applied Economics and IT, Jaume has developed his career in corporate leadership positions specializing in transformational change and flourishing. Certified coach (ICF), MBSP and Zen practitioner, Jaume proposes MBSP in Switzerland since 2019 and teaches Self-Leadership at the HEG Geneva - www.gallifa.ch

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Lien Nguyen, Ph.D., ACTP (lien.nguyen@getiha.com). Lien is a certified coach (ICF), MBSP and Zen practitioner specialized in flourishing and healthy communication - www.getiha.com