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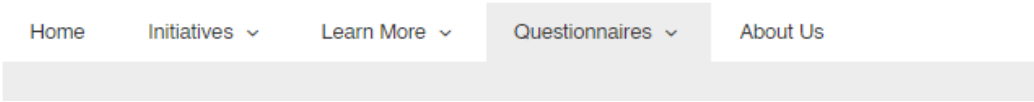
Preparation for the 'Enhance Your Executive Skills' course

'Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive.' This definition can be found on the University of Pennsylvania's, Authentic Happiness website.

Instructions for the VIA Strengths Test

It is advisable to be at a computer with printer accessibility when you do the test. Sometimes clients find it hard to access their results and print later.

1. Please press the following link:
<https://www.authentichappiness.sas.upenn.edu/user/login?destination=node/434>
2. Log in with your Authentic Happiness username and password.
 - If you haven't used these tests before, you'll need to register (free).
3. Click the Questionnaires drop-down arrow at the top.



Home Initiatives ▾ Learn More ▾ Questionnaires ▾ About Us

4. Click [VIA Survey of Character Strengths](#) (in third column, second to last in the list of questionnaires).
5. Answer all 240 questions. There are no wrong answers. Your spontaneous responses are important.
6. We are interested in your top five strengths and will emphasise these during the coaching programme.
7. Right/click on the results page and select Print. You can also select Save As to keep an electronic version of your results.
8. Please e-mail a copy of your results to me (brenda@strategy-leadership.com) at least two days before our first EYES or Coaching session. Thank you!

If you encounter any difficulty in accessing this test, you are welcome to contact Wendy Bothma (072 233 3277) or e-mail: wbothma@saol.com

Enjoy doing the test!