

# VIA CHARACTER STRENGTHS SURVEY



The VIA Survey of Character Strengths is a simple self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your core characteristics. Most personality tests focus on negative and neutral traits, but the VIA Survey focuses on your best qualities. The VIA Survey is regarded as a central tool of positive psychology and has been used in hundreds of research studies and taken by over 5 million people in over 190 countries resulting in better workplaces... schools... teams...LIVES the world over. Kim bases much of her coaching work on your personal ranking and order of these strengths. They are powerful tools to understand yourself, the world around you and pivotal in how you can most easily create change.

Click on the image above to take the survey and share with Kim for analysis or go to the [VIA Institute](http://www.viacharacter.org) website to learn more of sign up for a personal account.