

VIA CHARACTER STRENGTHS

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 [HERE](#) to take the ADULT (18+) survey

Click [HERE](#) to take the CHILD (8-17) survey