

## Agenda for the gathering

There is a lot to explore this time, so be mindful of the timing. If time seems to run out, you can leave the discussion about self-compassion to next time (just remember to do it the next time).

### 1. Explore your VIA Character Strength Survey together

- a. In pairs of two (or three if you are an unequal number) discuss the results of the survey
  - i. Tell each other what your 5 strongest character strengths were in the VIA survey
  - ii. For each strength, try to come up with a situation where this particular strength has been visible
  - iii. After this, take a more future-oriented look at these strengths: How could you better utilize these strengths
    1. In your studies and work
    2. In your personal life
- b. Have a general discussion where everyone shares at least one strength of theirs, where it is visible now in one's life, and how could it be more visible

### 2. Explore the Reflected Best Self exercise together

- a. In pairs of two (or three if you are an unequal number) share the results
  - i. Tell each other what kind of stories you received
  - ii. Discuss whether there were any surprises for you in the stories. What did you learn about yourself from these articles?
  - iii. Compare your VIA character strengths and the stories you received from people around you. Were they similar or different?
- b. Have a general discussion where everyone shares at least one story they received, and what they learned from that about themselves

### 3. Discuss the articles

- a. Discuss the article by *Drucker on Managing oneself*. Have a round where you go through the following questions
  - i. What were the main life/career advices by Drucker in this article?
  - ii. What were the key takeaways you took away from this article that might be relevant for your own life?
- b. Discuss the article by *Roberts et al. on strengths*
  - i. What were the key takeaways for you from this article?
  - ii. Having now read a few articles and conducted a few exercises on strengths, what is your general insight of this strength-based approach?
- c. Discuss the article by *Chen on self-compassion*
  - i. What were the key takeaways for you as regards the article?
  - ii. Would you characterize yourself as a self-compassionate person?
  - iii. What factors in your past have made you into a person who is high/low on self-compassion?
  - iv. What could you all do to be more self-compassionate in the future?

Have an insightful and encouraging gathering!