

Joanne Travers, Founder

Partners for A Greater Voice, Inc.

*Fostering Caregiver Well-being through Parent
Empowerment Projects*

www.greatervoice.com



Empowering Caregivers, a Character Strengths Practice



Positive Psychology

- ▶ *The field of positive psychology focuses on what works. “How and why do people thrive?”.*
- ▶ *Martin Seligman had hope 20 years ago that positive psychology could help people evolve toward their highest potential.*
- ▶ Positive Psychology has been defined as the study of the strengths and virtues.



Positive Psychology

- Research shows that positive psychology tools, such as character strengths practice, enhances health and well-being, improves relationships, and buffers against, manages and helps people overcome problems.
- Positive psychology is a pathway to help people, communities, and organizations thrive.
- The identification and application of character strengths is an intervention practice that can empower/enable parents.

VIA Institute's classification of virtues associated with 24 character strengths

WISDOM

[Creativity](#)

[Curiosity](#)

[Judgment](#)

[Love of Learning](#)

[Perspective](#)

COURAGE

[Bravery](#)

[Perseverance](#)

[Honesty](#)

[Zest](#)

HUMANITY

[Love](#)

[Kindness](#)

[Social Intelligence](#)

JUSTICE

[Teamwork](#)

[Fairness](#)

[Leadership](#)

TEMPERANCE

[Forgiveness](#)

[Humility](#)

[Prudence](#)

[Self-Regulation](#)

TRANSCENDENCE

[Appreciation of Beauty & Excellence](#)

[Gratitude](#)

[Hope](#)

[Humor](#)

[Spirituality](#)



Character Strengths Practice, *a PGV application in group settings*

1. Sit comfortably with both feet on floor, hands on lap; close your eyes. Relax. Focus on your breath.
2. For 1 minute, concentrate on breathing. Relax your body.
3. Think of a challenging situation in which you overcame. Imagine yourself in the situation. When was this? Where were you? Who were you with?
4. Remain quiet with eyes closed as you think of this.
5. Think of how you overcame the challenge: *what* was said, what did you feel? *How did you overcome the challenge?*
6. Breathe deeply to keep your focus.



Character Strengths Practice, *a PGV application in group settings*

1. Quietly find your partner.
2. One person tells their story. The other person listens.
3. The *storyteller* explains how he/she overcame a challenging situation; remember to describe the who, what, where, how.
4. The other person will be an *active listener*. **DO NOT INTERRUPT the storyteller.**
5. The *listener's* job is to spot strengths *and* can refer to handout. Circle character strengths spotted in the storyteller.
6. **WE WILL START and STOP at the same time. I will time you.**



Character Strengths Practice

- Research shows that actively and deliberately infusing character strengths into your daily life can lead to greater well-being, stronger relationships, increased engagement at work, and more happiness.

(VIA Institute on Character, www.viacharacter.org)



Character Strengths Practice Enables

- ▶ Actively listen to parents and engage through questioning
- ▶ See the potential in every parent and witness their character strengths. Parent strengths are often expressed in their natural environment.
- ▶ First help parents become aware of their strengths, and then allow time for them to explore them.
- ▶ For training, please visit Partners for A Greater Voice vendor table.

Partners for A Greater Voice

Fostering caregiver well-being through parent empowerment projects

Joanne Travers, Author
Coaching and Empowering Caregivers of Children with Hearing Loss, an approach to foster well-being

www.greatervoice.com



Essential Programs to Coach and Empower Parental Caregivers, PGV training, India and Dominican Republic (2015-2018).