

VIA Survey of Character Strengths

The VIA Survey is a scientific survey of character strengths. Understanding your own character strengths has been shown to increase well-being, improve relationships, and facilitate accomplishment of goals—benefits that have the potential to improve your work in a collaborative environment and promote both personal and community health.

In addition to the benefits gained from having an accurate assessment of your own character strengths, we believe that knowing the strengths of *others* on your team can facilitate the development of a strong team community, as it enables team members to celebrate and build upon the diverse strengths present within the team.

You can take the free survey here: https://www.viacharacter.org