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Using Strengths in Education

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VIA Classification of Strengths and Virtues

🐾 The DSM

(1952: 106 disorders) (1987: 265 disorders) (now: 297 disorders)

- The “un-DSM”

Assumptions of VIA

- Human strengths are not secondary to weaknesses
- Human strengths can be studied scientifically
- Human strengths are individual differences



Benefits of strengths

- Exploring your strengths provides insights about your life
- Using strengths generates optimism
- Following strengths provides a sense of direction
- Knowing and using your strengths helps to build confidence

(Clifton & Anderson, 2001)

- Using strengths builds resilience
- Using strengths in work, family relationships, leisure and as parents generates positive emotions

(Peterson & Seligman, 2004)



A strengths-based approach to education

- Use strengths within recruitment and selection
- Use strengths for career and professional development
- Use strengths language across the institution
- Match people and projects based on their strengths
- Create teams based on complementary strengths
- Help students to identify and use their own strengths
- Educators act as “strengths-spotters”
- Preparing young people to thrive in the workplace by identifying, using and promoting their strengths



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Following up

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Coaching and Positive Psychology in Education

Growth Coaching International:

<http://www.growthcoaching.com.au>