



50+

COUNTRIES

5

STUDIES VS. MBSR

90%

STRONGER
RELATIONSHIPS

72%

BETTER COPING WITH
ADVERSITY

8

WEEK PROGRAM

FACT SHEET

Mindfulness-Based Strengths Practice

- 01 Evidence-Based Program** An empirically-validated 8-week program integrating the best science and practice of character strengths with mindfulness.
- 02 First of Its Kind** MBSP was the first positive-oriented, strengths-focused mindfulness program.
- 03 Unique by Design** MBSP is the only mindfulness program to systematically target character strengths.
- 04 Internal Qualities Focus** MBSP is a rare mindfulness program that targets ways to improve mindfulness and mindful living practices by using one's most energizing, authentic, inner qualities.
- 05 Individual-Centered** MBSP emphasizes the individual, their imperfections and their strengths, and their motivation for practicing mindfulness and strengths.
- 06 Founded by Global Leader** Founded by Dr. Ryan Niemiec, Chief Science & Education Officer of VIA Institute on Character & global leader in character strengths.
- 07 Outperforms MBSR** MBSP touts better outcomes than the world's leading mindfulness program (MBSR) in at least 5 scientific studies. Character strengths appear to be a substantial value-add.
- 08 Global Reach** Used by practitioners in an estimated 50+ countries across the globe.
- 09 Strengthens Relationships** MBSP reveals a special impact on improving positive relationships — a unique benefit for a mindfulness-based program.
- 10 Broad Well-Being Benefits** Impacts meaning in life, self-acceptance, positive relations with others, environmental mastery, optimism and positive emotions. And, boosts work performance!
- 11 Dual Impact** Simultaneously helps people boost well-being and manage challenges. Studies show decreases in depression, anxiety, stress, and loneliness.
- 12 Applied Across Diverse Contexts** MBSP has been successfully applied across organizations, schools, universities, and hospitals with published, positive outcomes.
- 13 Positive Outcomes** 100% of participants reported at least one substantial positive outcome in a cross-cultural study of 100+ individuals across multiple international MBSP leaders.
- 14 Always Evolving** MBSP is distinct in that it's not a static program — it infuses the latest science and best practices of mindfulness and character strengths as the science evolves.
- 15 Wide-Ranging Applications** MBSP has been applied to numerous areas including positive parenting, disability, pregnancy care, and early childhood development.