

Your Path to Mindfulness-Based Strengths Practice (MBSP) Certification

Take the MBSP Course

Begin with the [8-week, research-backed program](#) that blends mindfulness and character strengths to boost wellbeing, resilience, and performance.

Cultivate Your Personal Practice

Apply what you learn through daily practice to build your confidence and deepen your understanding.

Register for Certification

Make it official and [secure your spot in the program](#). (You can sign up at any stage – before, during, or after taking MBSP.)

Certification Training

Step 1: Advanced Practice Course: A hands-on, interactive course designed to enhance leadership skills, featuring case studies, facilitation strategies, and exclusive MBSP materials.

Step 2: MBSP Community Builder: A dedicated space to connect with a global network of professionals, share best practices, and refine your leadership approach.

Complete Your MBSP Project

Put your learning to action by creating a real-world project that showcases your expertise and contributes to your community.

Practice Leading MBSP

Gain hands-on experience by facilitating 2 full MBSP sessions with clients, students, employees, or even family and friends to refine your skills.

1 on 1 Training with a Master Trainer

Receive three personalized 1.5 hour training sessions to address challenges, deepen your knowledge and refine your facilitation skills.

Receive Your Certification

Gain exclusive access to a private community of VIA-certified practitioners who share insights, explore the latest research, and refine best practices together. Plus, receive exclusive resources and materials available only to certified members.

[>> Register for the Certification Program](#)

Have questions? We're here to help! Email us at info@viacharacter.org.