

Step Into Your Strengths: A Community in Motion

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Session Description:

In this experiential breakout, participants will literally move into their strengths. Using sociometry — a research-based method for mapping group connection — attendees will respond to character strength questions by physically moving through the room, finding others who share their values, their stories, and their resilience. This is community-building as science, and science as play. Bring your courage, curiosity, and a willingness to rise together.

Learning Objectives:

1. Identify at least three of personal character strengths through an experiential sociometric process.
2. Recognize how shared strengths create natural bridges of connection within communities.
3. Demonstrate how movement-based group methods and strength-spotting can foster belonging, inclusion, and collective empowerment.

Dan Tomasulo is a psychologist, writer, and Academic Director at Columbia University's Spirituality Mind Body Institute. He holds a Ph.D. in psychology, MFA in writing, and Master of Applied Positive Psychology. He developed P-IBT, Positive-Interactive Behavioral Therapy for people with intellectual disabilities. His books include *Learned Hopefulness* (2020) and memoir *American Snake Pit* (2018), whose screenplay has won over 40 contests. He co-authored *Character Strengths and Abilities within Disabilities* (2023) with Ryan Niemiec. The International Positive Psychology Association named him Outstanding Practitioner for 2025-26. He received Columbia's 2021 Teaching Award and the 2024 William I. Gardner Leadership Award. He is Review Editor for *The Journal of Positive Psychology* and teaches alongside Martin Seligman. He serves as Fulfillment Coach Consultant for Unlimited.Life.