

Mindfulness-Based Strengths Practice

2026 Course & Certification Offerings



Awaken Awareness. Strengthen What's Best in You (and Others)

The Mindfulness-Based Strengths Practice (MBSP) program helps you cultivate balance, meaning, and resilience by uniting two powerful approaches to growth: mindfulness and character strengths. In the live, 8-week course, you'll explore guided practices and evidence-based techniques that deepen self-understanding, enhance well-being, and enrich your connections with others.

Professionals seeking to share these practices can continue on to the MBSP Certification Program — a globally recognized, advanced training designed to help you lead MBSP courses and empower others to flourish through mindfulness and strengths.

January - March 2026

Saturdays, January 17 - March 14
11 AM - 1 PM Eastern Time (ET)
(Sessions 1 & 8 are 11 AM- 1:30 PM ET)

Retreat:
Saturday, February 28, 11 AM - 4 PM ET

Facilitator:



Danielle Casioppo

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February - March 2026

Mondays, February 9 - March 30
10 AM - 12 PM Eastern Time (ET)
(Sessions 1 & 8 are 10 AM - 12:30 PM ET)

Retreat:
Friday, March 20, 10 AM - 3 PM ET

Facilitator:



Dr. Roger Bretherton

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July- August 2026

Just
Added!

Wednesdays, July 8 - August 26
11 AM - 1 PM Australian Eastern Time (AET)
(Session 1 & 8 are 11 AM - 1:30 PM AET)

Retreat:
Friday, August 14, 8 AM - 1 PM AET

Facilitator:



Masaya Okamoto

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August - October 2026

Tuesdays, August 25 - October 13
12 PM - 2 PM Eastern Time (ET)
(Sessions 1 & 8 are 12 PM - 2:30 PM ET)

Retreat:
Friday, October 2, 8 AM - 1 PM ET

Facilitator:



Dr. Ryan Niemiec

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September - October 2026

Thursdays, September 10 - October 29
9 AM - 11 AM London (UK) Time
(Sessions 1 & 8 are 9 AM - 11:30 AM London UK)

Retreat:
Friday, October 16, 9 AM - 2 PM London UK

Facilitator:



Dr. Roger Bretherton

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Certification April - May 2026

Wednesdays, April 8 - May 13
9 AM - 11:30 AM Eastern Time (ET)
(Session 1 is 10 AM - 11:30 AM ET)

Facilitator:



Dr. Ryan Niemiec

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