

# HASP™ YOUTH HAPPINESS & STRENGTHS PROFILE

JOYGYM APPLIED POSITIVE PSYCHOLOGY

HASP YOUTH FACTSHEET V2/2011. HASP ASSESSMENTS AND REPORTS ARE PROVIDED BY JOYGYM HAPPIMETRICS USA WITH CONSULTATIONS BY JOYGYM SOUTH AFRICA

## Start your child on the road to happiness and success

HASP Youth provides happiness and strengths profiling for children from Grades 6 to 9.

### 1. Discover and develop your child's natural strengths

Every child is graced with natural strengths and talents – unique patterns of thought, feeling, and behavior.

To help them flourish and become their most authentic and successful self, they must:

- Identify and know their strengths
- Develop and build their strengths
- Pursue activities and a life path that utilize their strengths

Building and utilizing strengths means choosing subjects, sports, hobbies and activities, and even a career that matches their unique strengths.

HASP YOUTH STRENGTHS PROFILE assesses ten developing strengths listed below and identifies their three strongest personal strengths.

- |              |                  |
|--------------|------------------|
| ▪ Achieving  | ▪ Discoverer     |
| ▪ Caring     | ▪ Future Thinker |
| ▪ Competing  | ▪ Organizer      |
| ▪ Confident  | ▪ Presence       |
| ▪ Dependable | ▪ Relating       |

After assessment you receive:

- A top 3 strengths report with explanations and action items for your child
- Strategies for capitalizing on and building each strength
- A strengths development workbook with action items to help them build their strengths for success, and a strengths card
- A parent strengths manual
- An online or personal strengths consultation

### 2. Assess your child's happiness & mental wellbeing

HASP YOUTH HAPPINESS PROFILE assesses your child's happiness, self-esteem, social anxiety, resilience, depression, and satisfaction with life.

The written report identifies causes for concern and suggests possible actions for improvement.



#### RESEARCH: People who identify, exercise and build their strengths

1. Are happier
2. Are more confident
3. Have higher levels of energy and vitality
4. Experience less stress
5. Have higher levels of self-esteem
6. Are more resilient
7. Are more likely to achieve their goals
8. Perform better
9. Are more engaged
10. Are more effective at developing and growing as individuals

**STRENGTHS** HASP YOUTH profiles the three main developing strengths and natural abilities in your child and provides guides for the child and parents on helping these to develop and grow stronger.

**HAPPINESS** HASP YOUTH profiles your child's current mental wellbeing, helping to identify symptoms and causes of unhappiness and suggesting ways to build lasting life happiness and success.

**ONLINE ASSESSMENT** Order and complete HASP assessments online, then Skype or visit our Johannesburg office for your consultation and reports.

INFORMATION & ORDER ONLINE AT [WWW.JOYGYM.ORG](http://WWW.JOYGYM.ORG)

#### ALSO FOR STUDENT, SCHOOLS, ADULT & BUSINESS

HASP YOUTH: for Grades 6 to 9

HASP STUDENT: for Grades 10+/college/university

HASP EDUCATION: for schools/colleges/universities

HASP SELF-DISCOVERY: for adults and seniors

HASP CORPORATE: Staff & management performance

**JOYGYM™**  
BUILDING HAPPINESS INTELLIGENCE

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