



See Me Beautiful

Cultivating Character Strengths in Educators



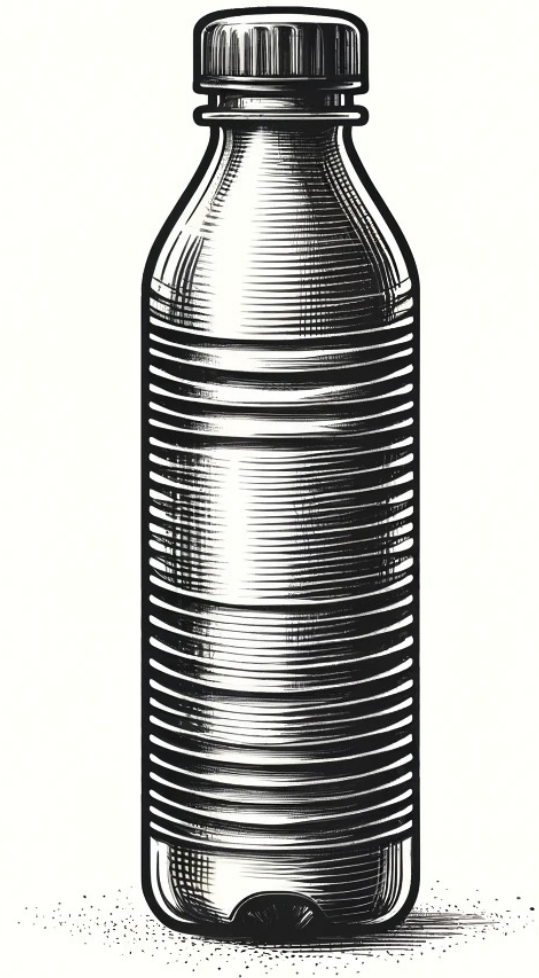
Draw

Thinking about a challenge you've overcome at work and draw the strengths that helped you succeed.

What do you need to succeed?



What do you need to succeed?



What do you need to succeed?



What do you need to succeed?



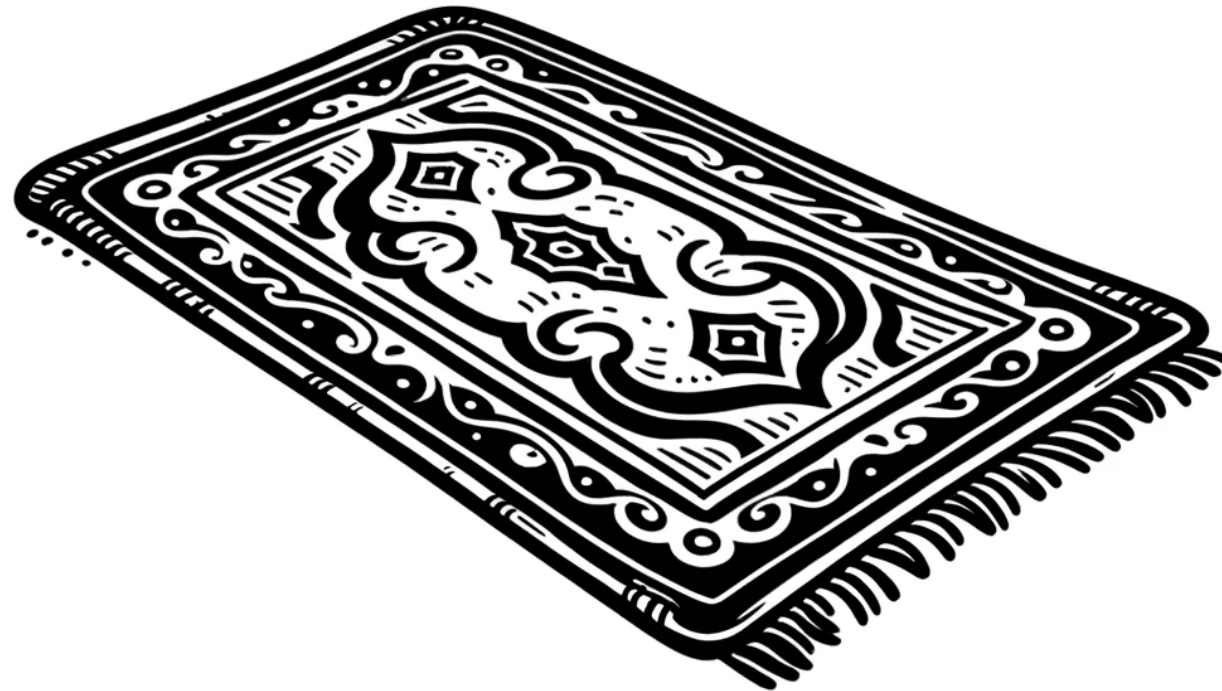
What do you need to succeed?



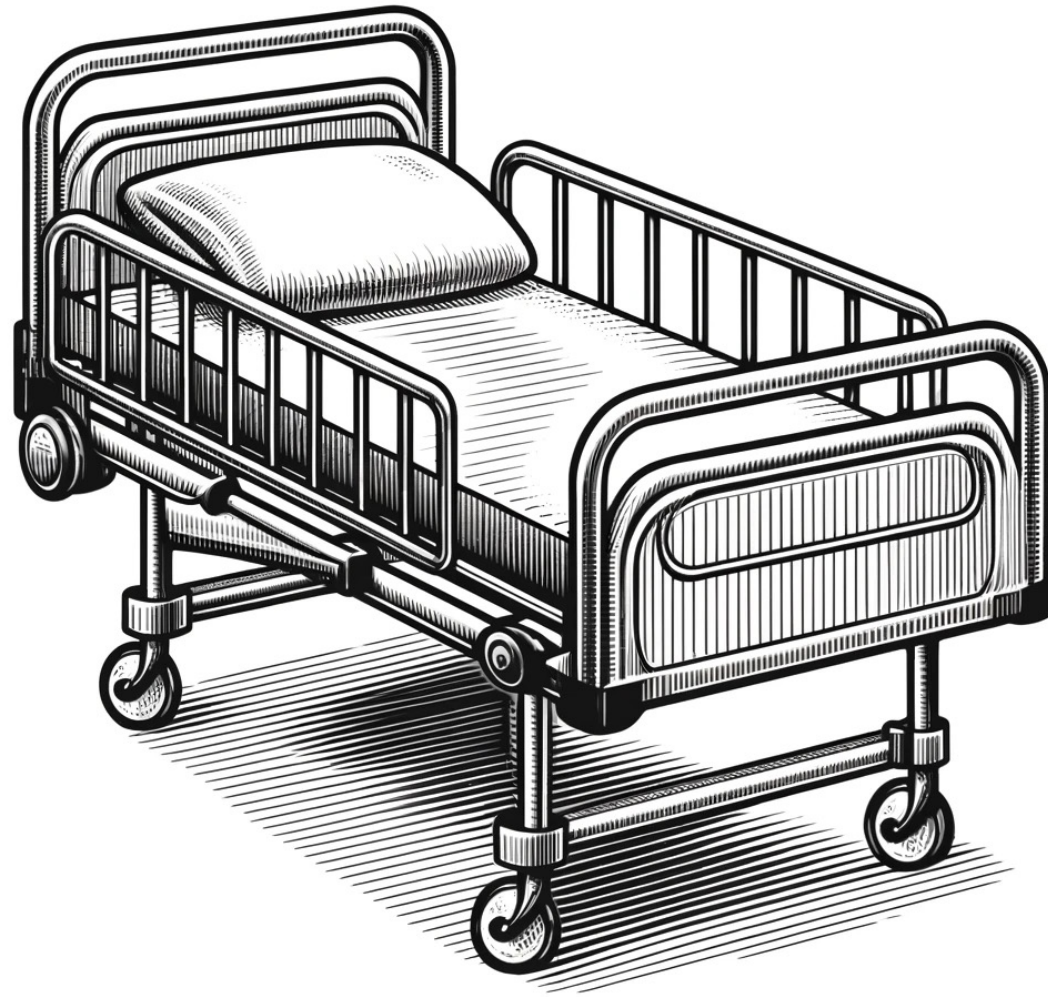
What do you need to succeed?



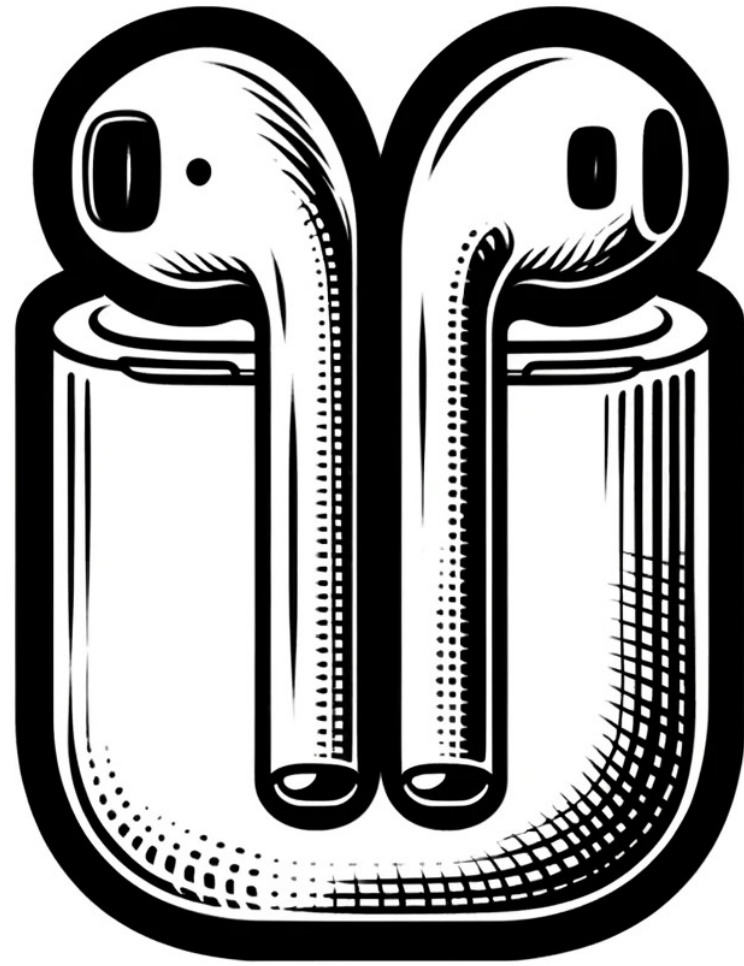
What do you need to succeed?



What do you need to succeed?



What do you need to succeed?



What do you need to succeed?



What do you need to succeed?



Draw what helped you succeed.

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
HUMOR Zest
PERSEVERANCE Teamwork
Love Kindness Leadership
Social Intelligence Love of Learning
Forgiveness HOPE PRUDENCE
Appreciation of Beauty & Excellence Humility
Spirituality SELF-REGULATION Gratitude
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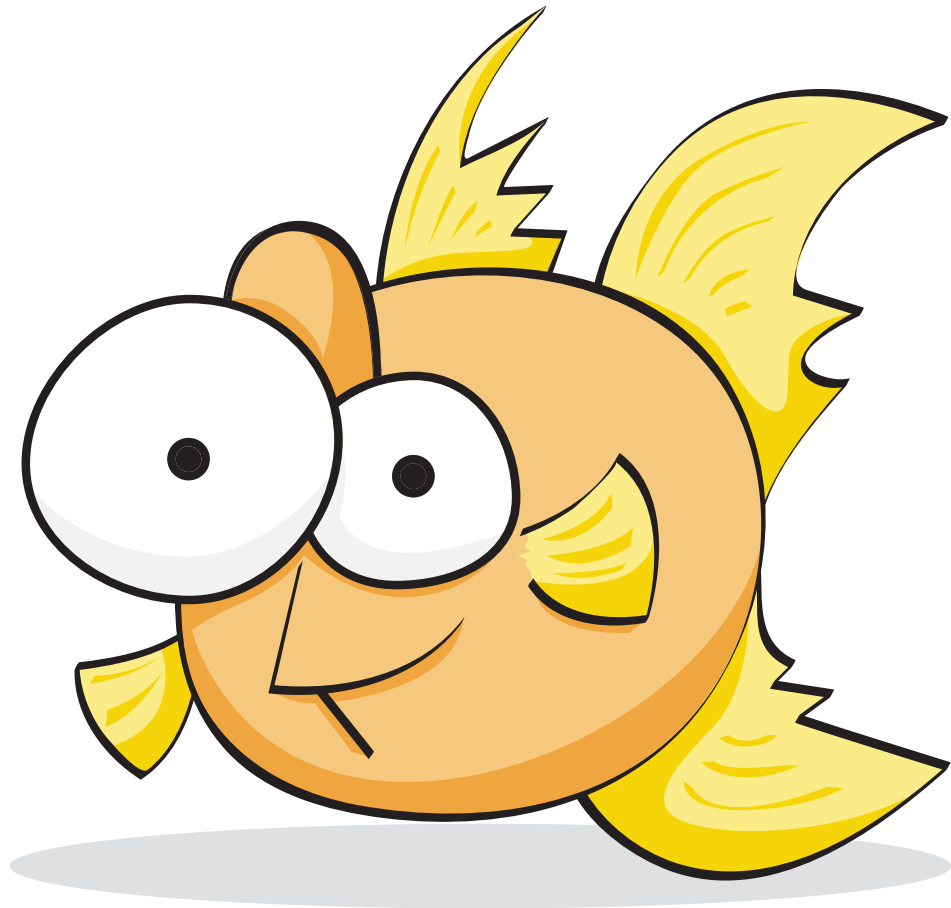
What are Character Strengths?



Character Strengths?

Creativity Perspective
Judgment Curiosity
Honesty Bravery Fairness
PERSEVERANCE HUMOR Zest
Teamwork
Love Kindness Leadership
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Creativity



- originality, ingenuity

Thinking of novel and productive ways to conceptualise and do things.

Overuse - Strangeness

Underuse - Conformity

Curiosity



- interest, novelty-seeking,
openness to experience.

Finding subjects and topics
fascinating; exploring and
discovering.

Overuse - Nosiness

Underuse - Disinterest

Judgment

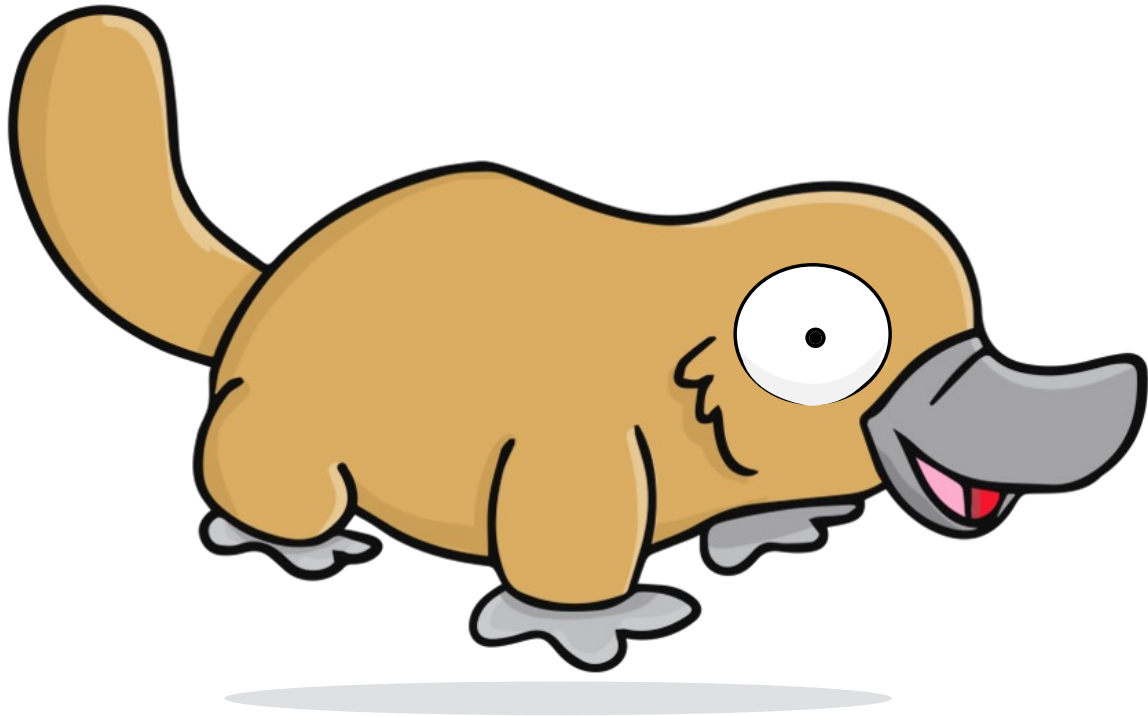


Thinking things through and examining them from all sides;
not jumping to conclusions;
being able to change one's mind in light of evidence;
weighing all evidence fairly.

Overuse – Narrow minded

Underuse – Non reflective

Love of Learning



Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally

Overuse – Know it all

Underuse – Compliancy

Perspective



- wisdom

Being able to provide wise counsel to others; having ways of looking at the world that makes sense to oneself and to other people.

Overuse - Overbearing

Underuse - Blindness

Bravery



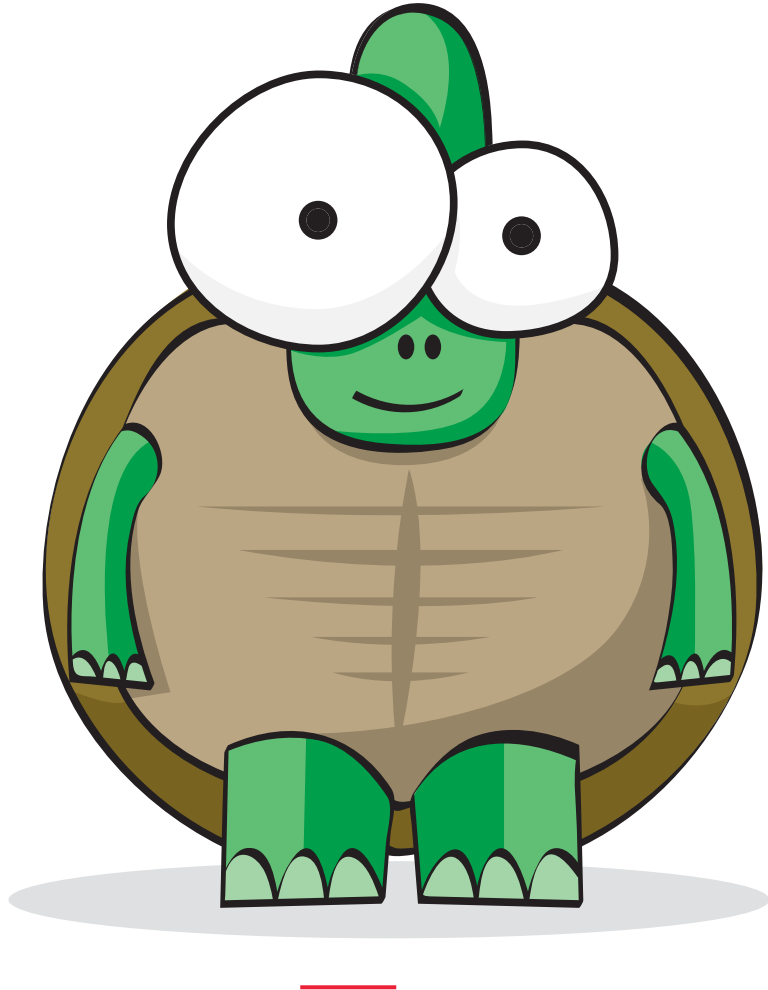
- valour

Not shrinking from threat, challenge, difficulty, or pain; speaking up for what is right even if there is opposition; acting on convictions even if unpopular.

Overuse - Foolhardiness

Underuse - Cowardice

Perseverance

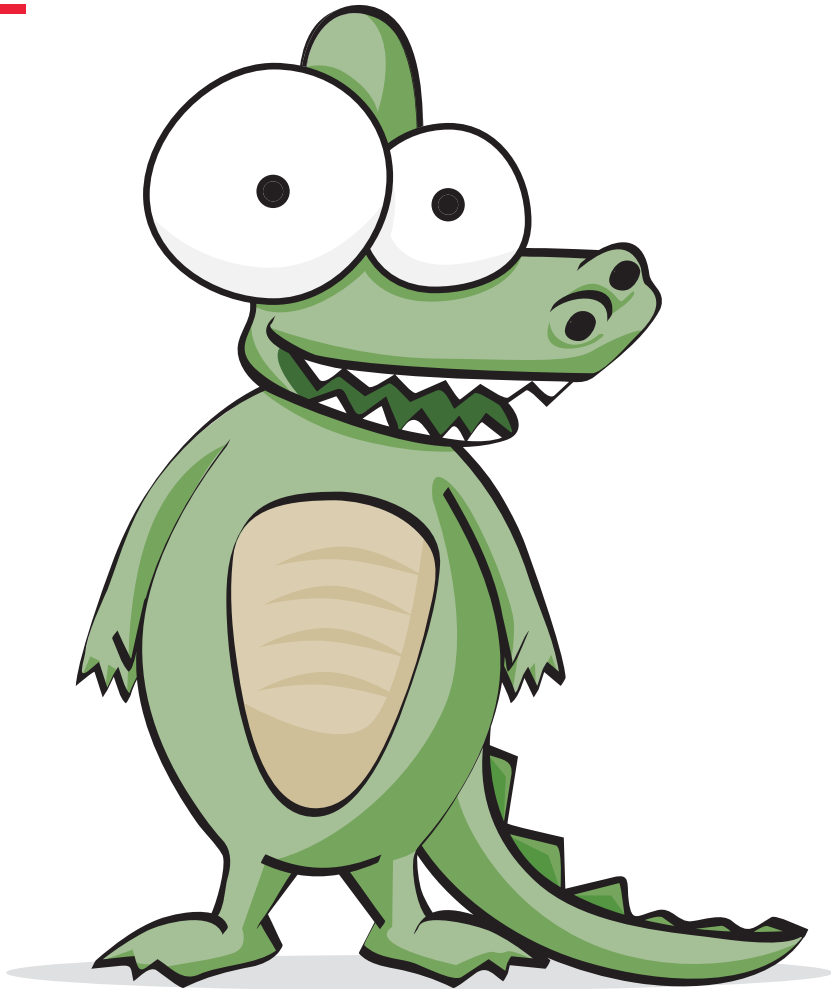


Finishing what one starts;
persisting in a course of action
in spite of obstacles; “getting it
out the door”; taking pleasure in
completing tasks.

Overuse - Obsessiveness

Underuse - Easily Distracted

Honesty



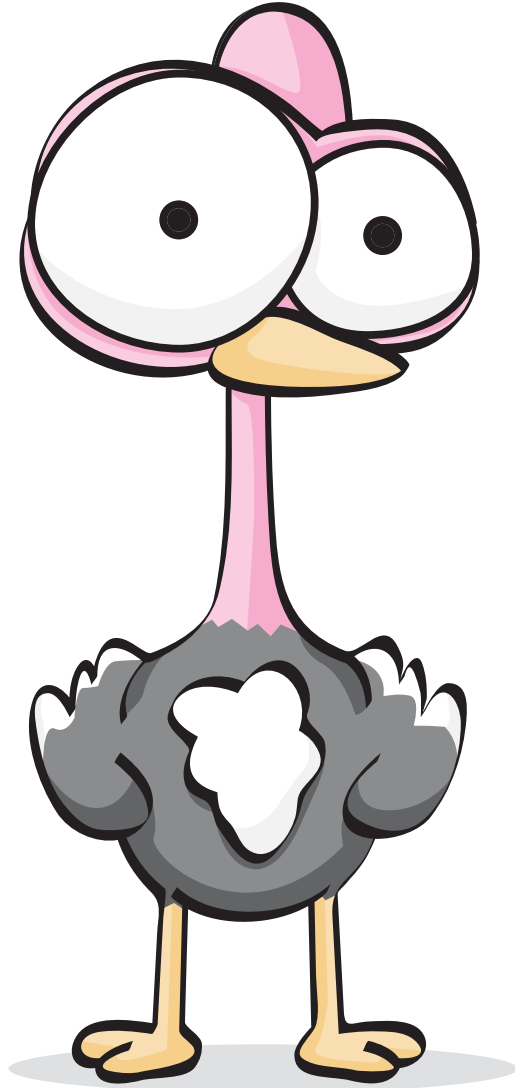
- authenticity, integrity

Speaking the truth, presenting oneself in a genuine way and acting in a sincere way; taking responsibility for one's feelings and actions

Overuse - Blunt

Underuse - Fake

Zest

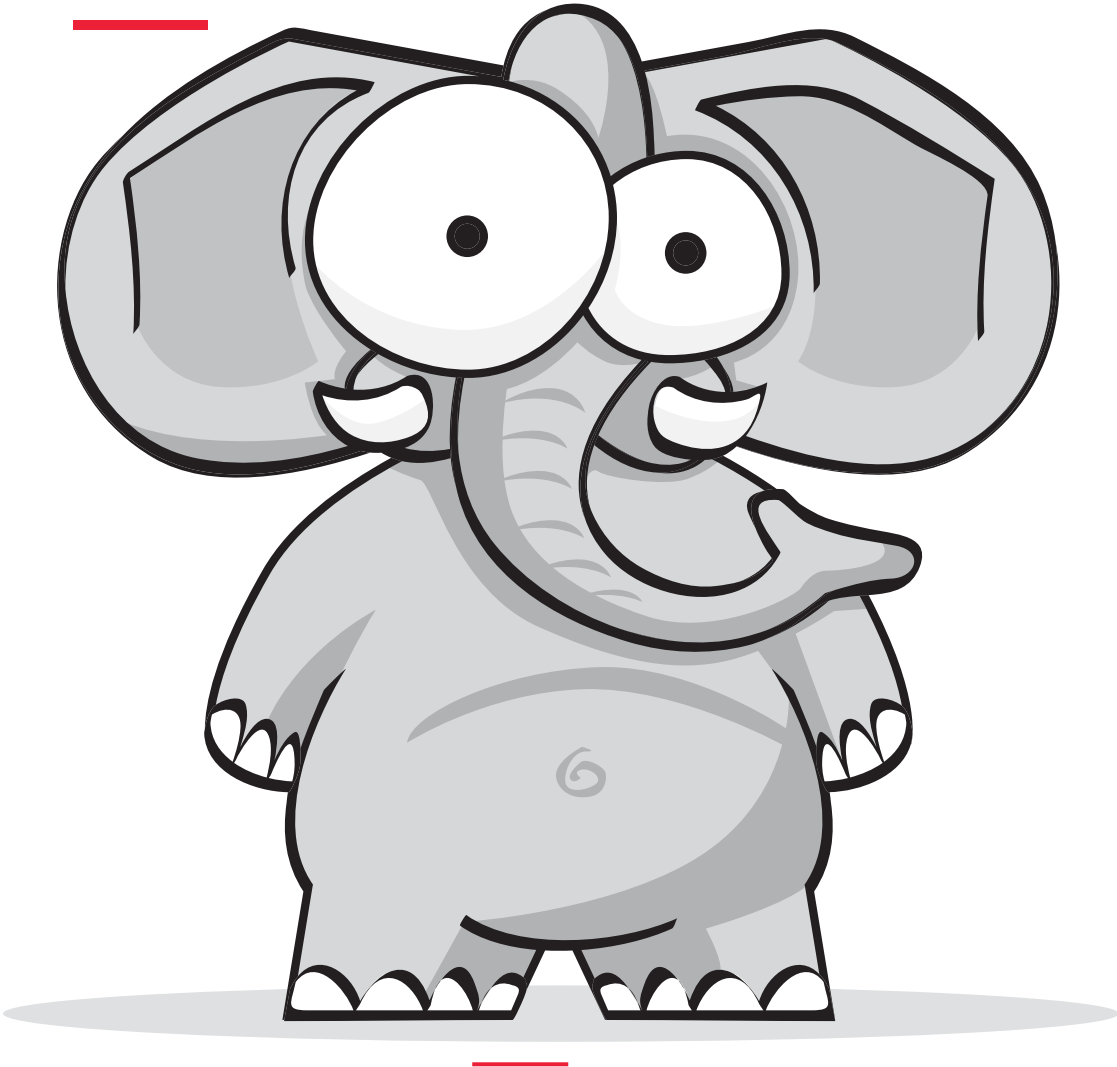


Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

Overuse - Hyperactive

Underuse - Dullness

Love

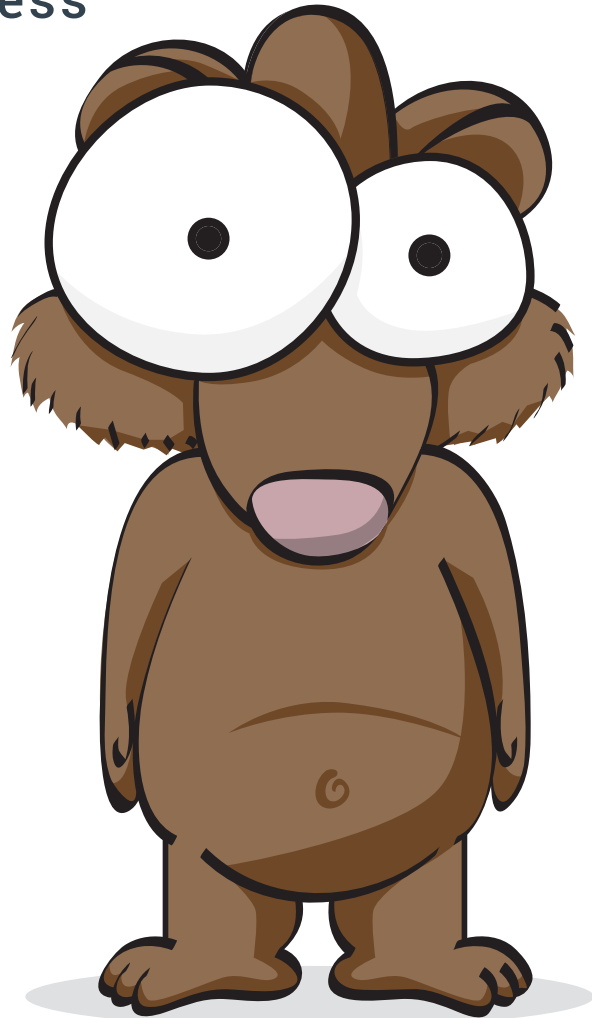


Valuing close relations with others, in particular those in which sharing and caring are reciprocated; being close to people.

Overuse - Avoids Conflict

Underuse - Emotional Isolation

Kindness



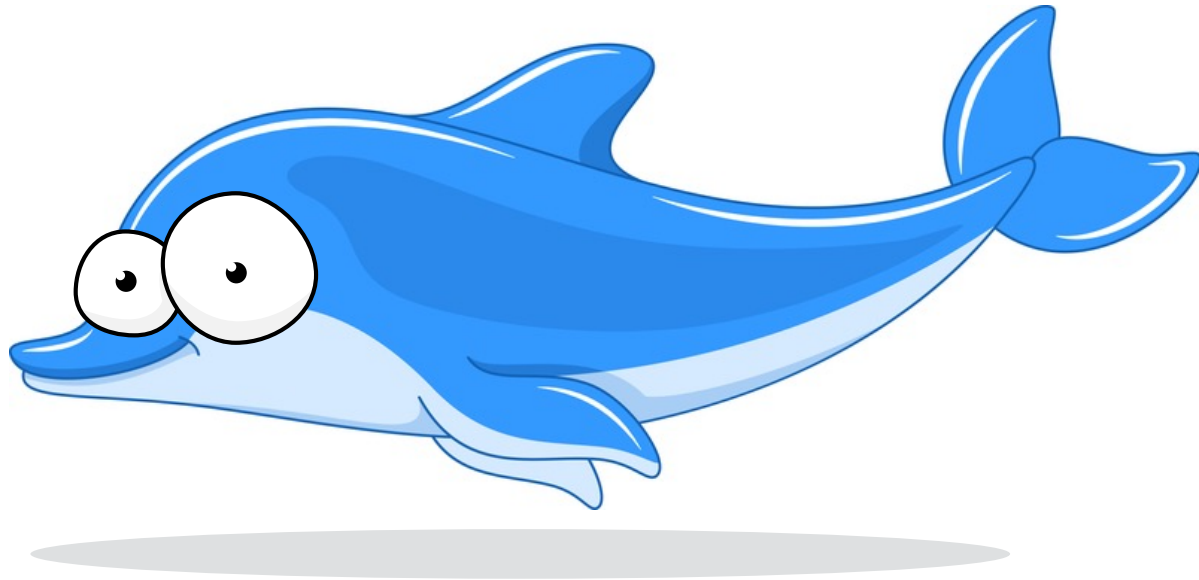
- generosity, nurturance, care, compassion, altruistic love

Doing favours and good deeds for others; helping them; taking care of them.

Overuse - Intrusiveness

Underuse - Indifference

Social Intelligence



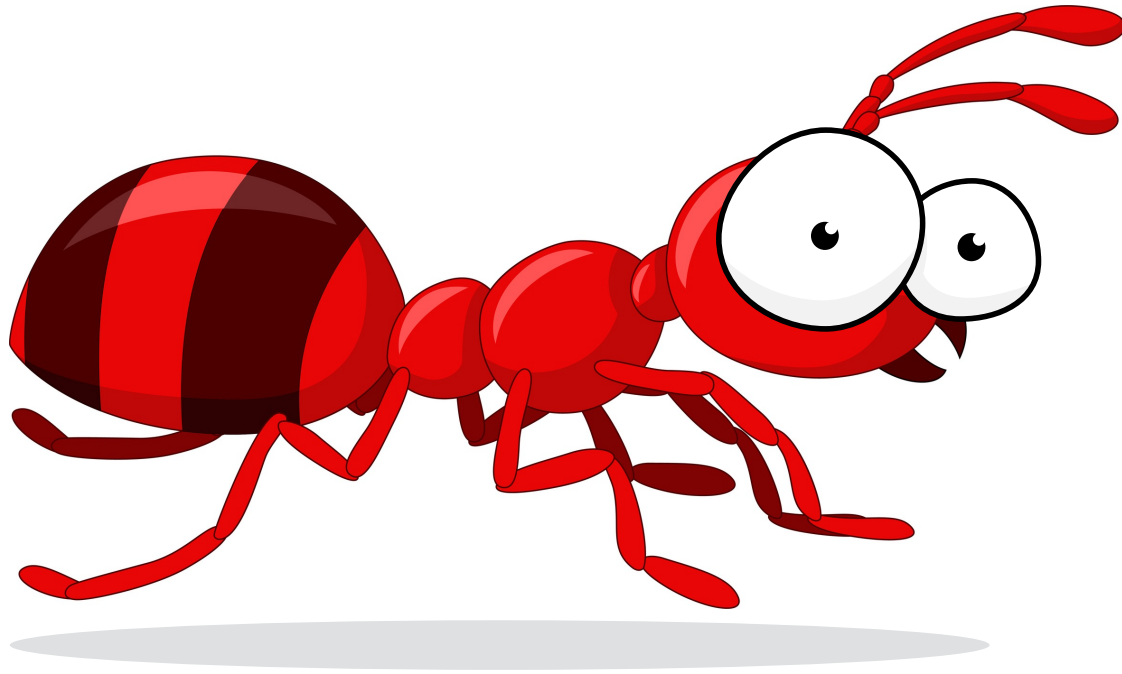
- emotional intelligence, personal intelligence

Being aware of the motives and feelings of other people and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

Overuse - Over- analysing

Underuse - Clueless

Teamwork



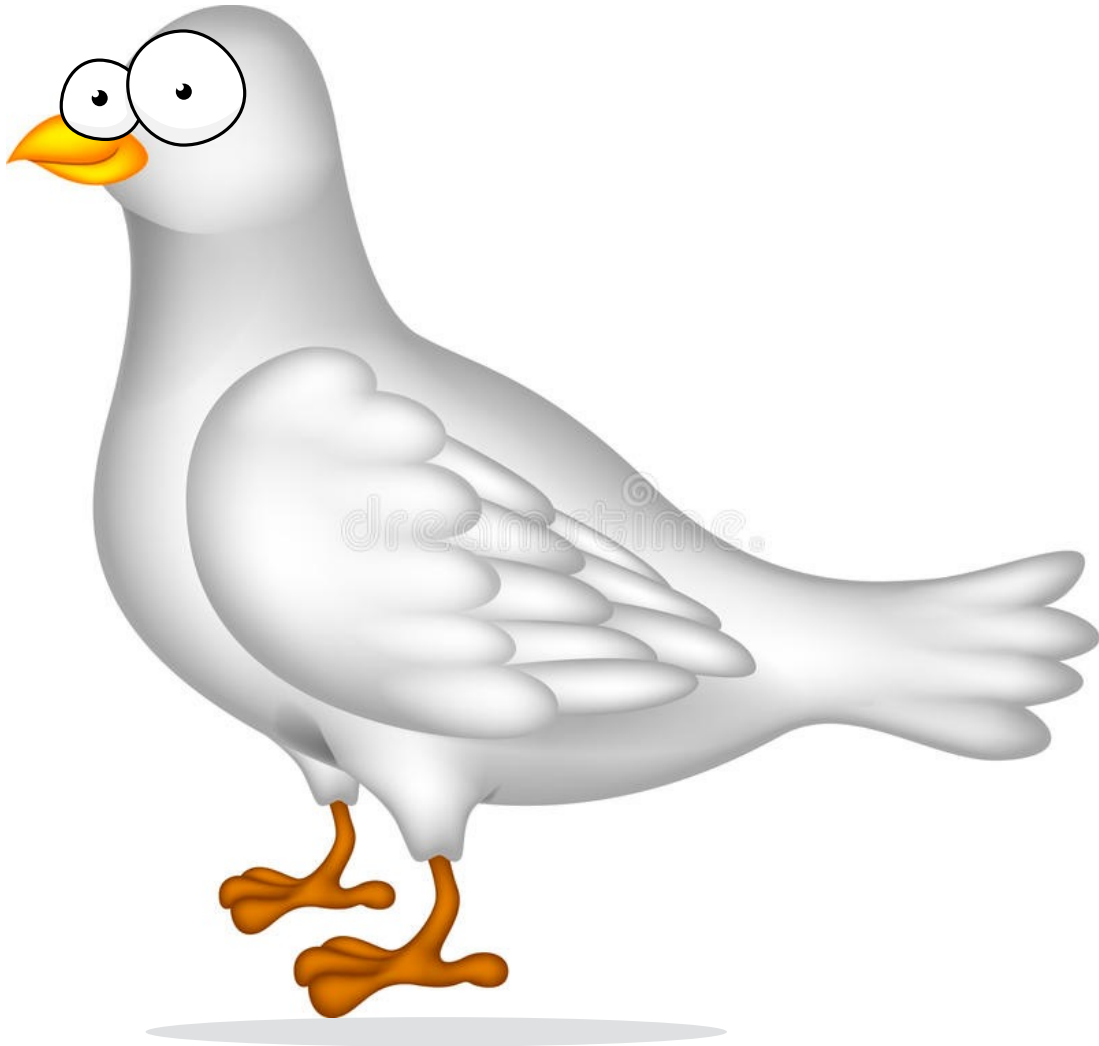
- citizenship, social responsibility,
loyalty

Working well as a member of a
group or team; being loyal to the
group; doing one's share.

Overuse - Dependent

Underuse - Selfishness

Fairness



Treating all people the same according to notions of fairness and justice; not letting personal feelings bias decisions about others; giving everyone a fair chance.

Overuse - Detachment

Underuse - Biased

Leadership

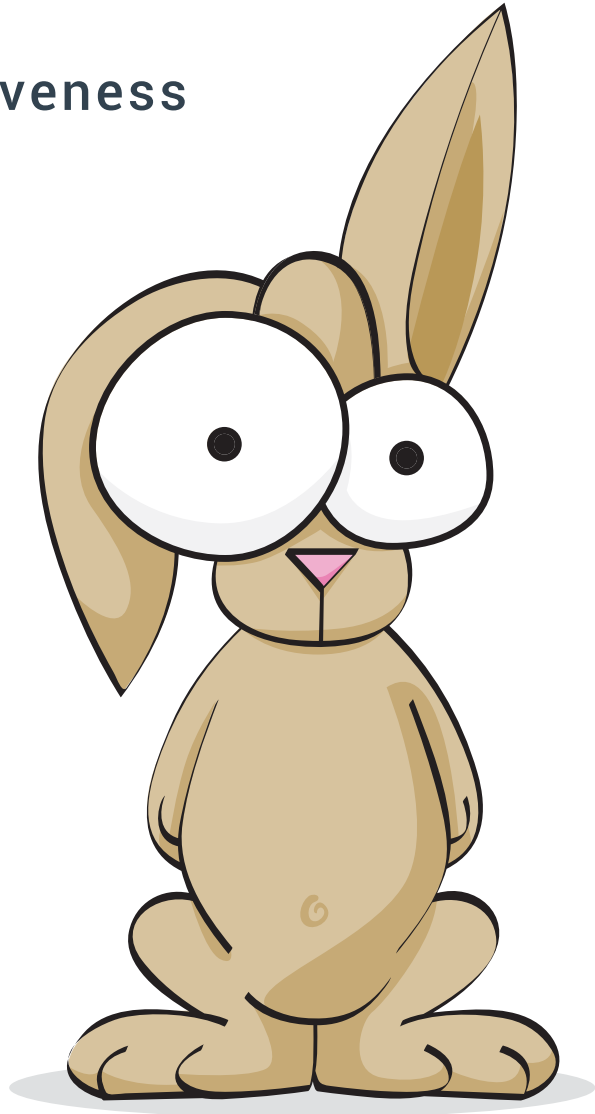


Encouraging a group of which one is a member to get things done, and at the same time maintaining good relations within the group.

Overuse - Autocratic

Underuse- Compliant

Forgiveness



Forgiving those who have done wrong; accepting the shortcomings of others; giving people a second chance; not being vengeful.

Overuse - Acquiescent

Underuse - Harsh

Humility

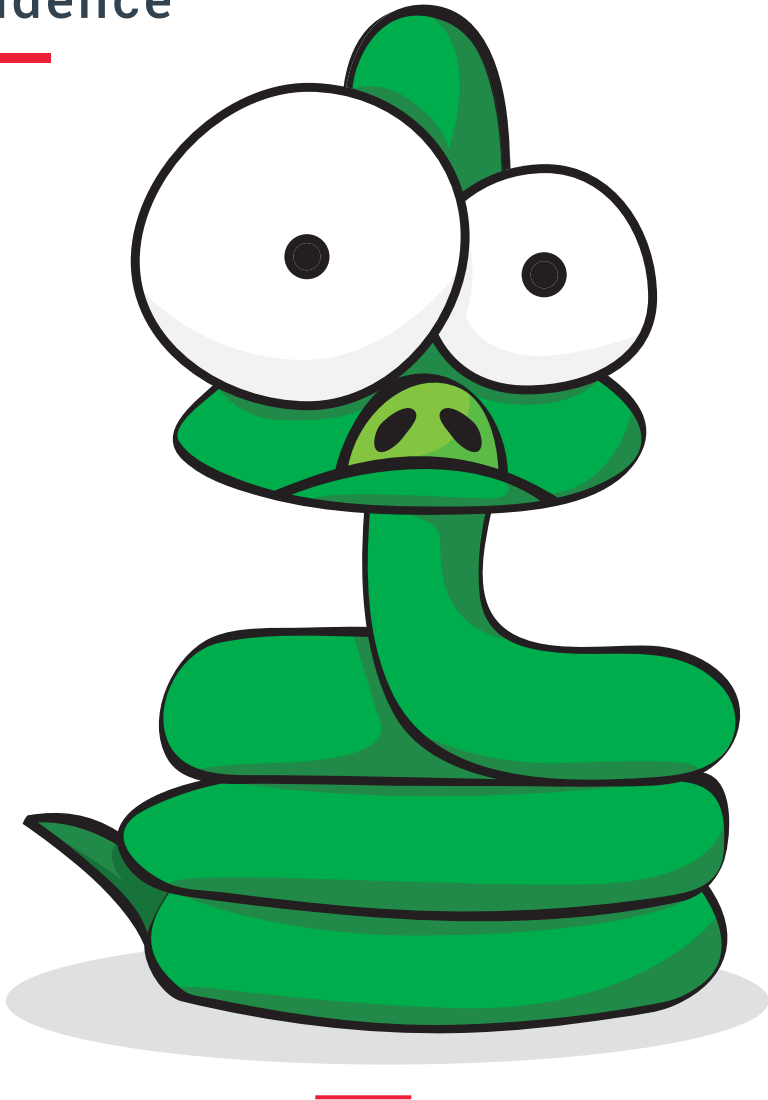


Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

Overuse - Self-critical

Underuse - Baseless Self-esteem

Prudence

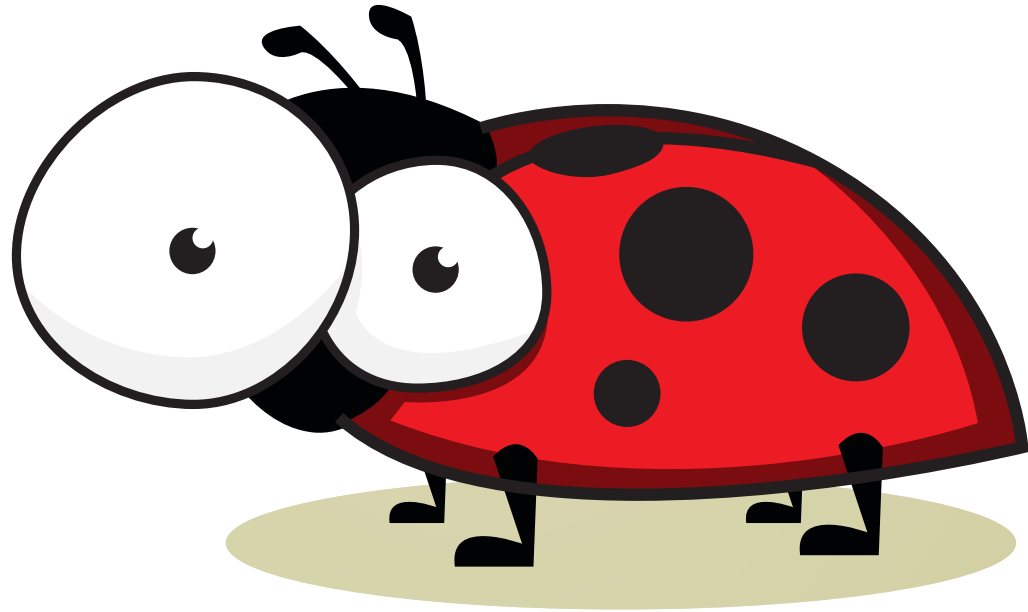


Being careful about one's choices; not taking undue risks; not saying or doing things that might later be regretted.

Overuse - Over-cautious

Underuse - Reckless

Self-Regulation



Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

Overuse - Self-restraint

Underuse - Self-indulgence

Appreciation of Beauty and Excellence



- awe, wonder, elevation

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains

Overuse - Perfectionism

Underuse - Oblivion

Gratitude



Being aware of and thankful for the good things that happen; taking time to express thanks.

Overuse - Faking Appreciation

Underuse - Individualism

Hope



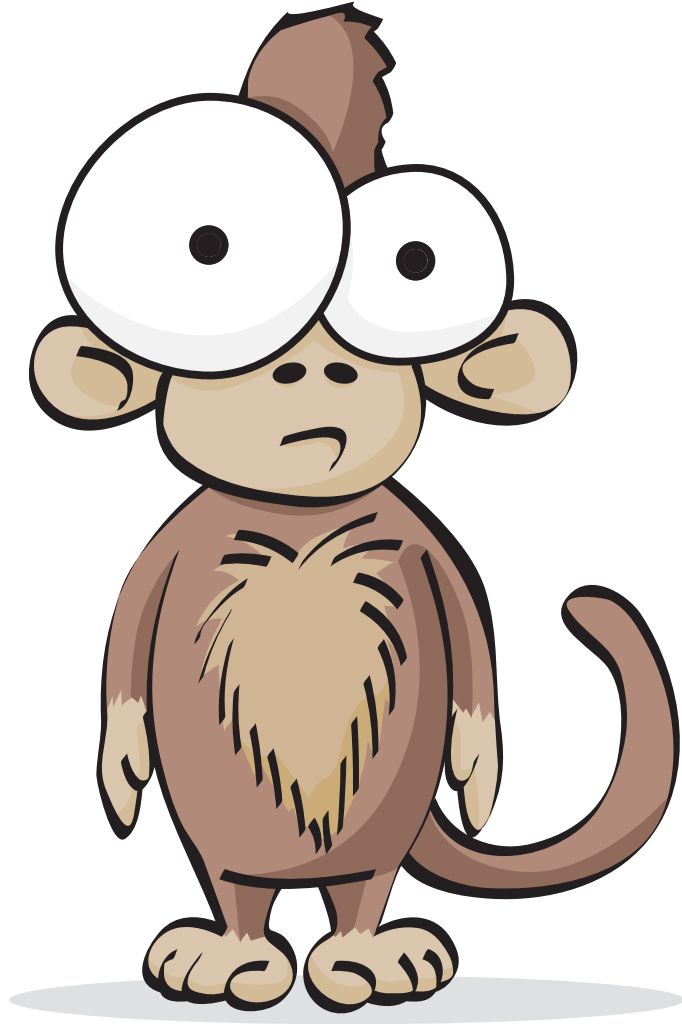
- hope, future-mindedness, future orientation

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

Overuse – Blindly optimistic

Underuse - Negative

Humour

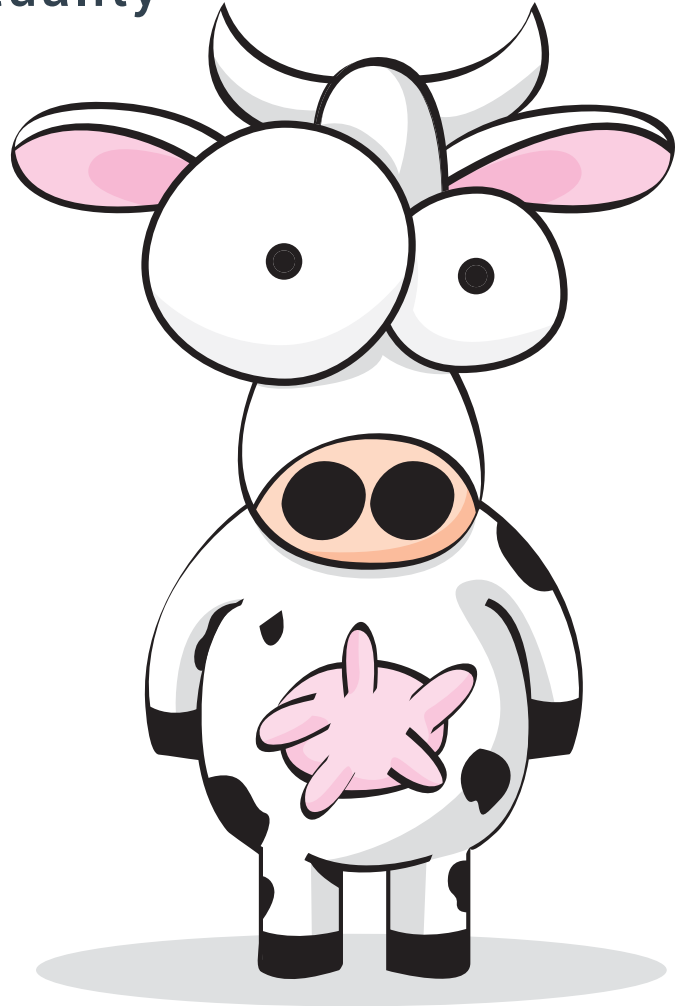


Liking to laugh and tease;
bringing smiles to other people;
seeing the light side; making (not
necessarily telling) jokes.

Overuse - Giddiness

Underuse – Overly Serious

Spirituality



- faith, purpose

Having beliefs about the spirituality and meaning of the universe; knowing where one fits within the larger scheme

Overuse – Irrational devotion

Underuse – Lacks morals

Strengths Overused and Underused



Love

Underuse - Emotional Isolation



Overuse - Avoids Conflict

Judgment



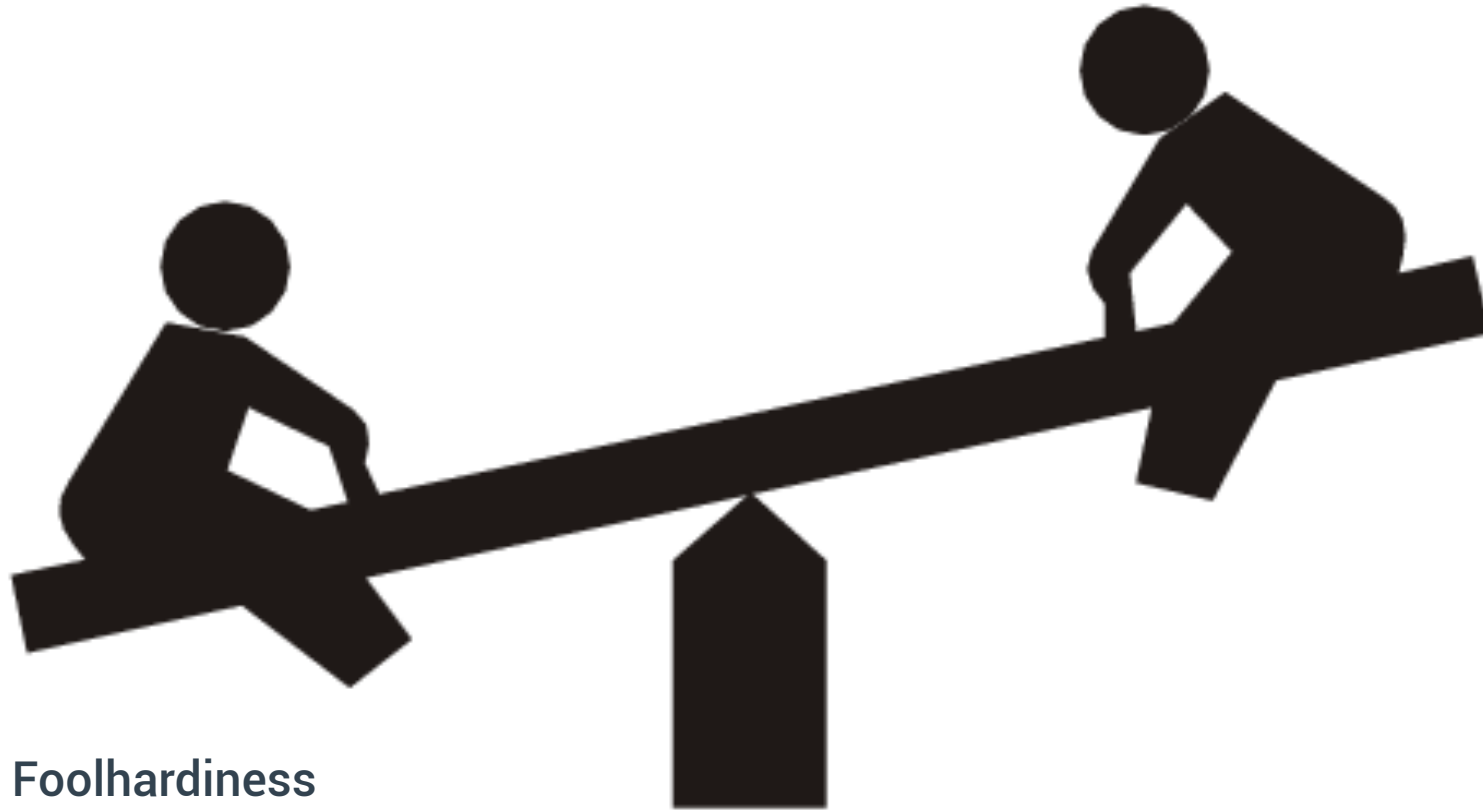
Underuse – Non reflective



Overuse – Narrow minded

Bravery

Underuse - Cowardice



Overuse - Foolhardiness

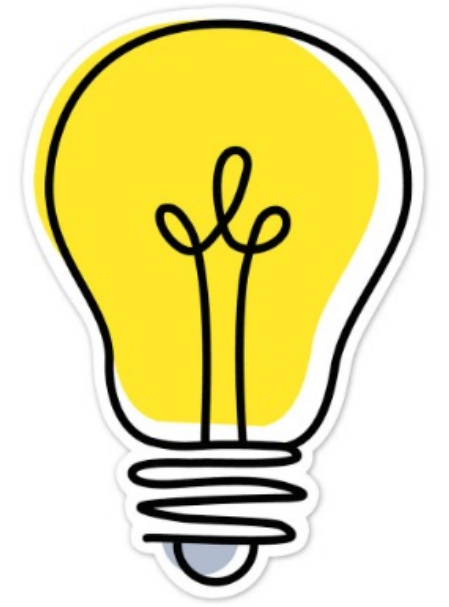
Strengths At Work

- 60% are unaware of their Strengths
- Reduce burnout by bringing your strengths to work in a new and novel way.
- Focus on top and middle Strengths
- Design roles to focus on Strengths
- Celebrate Strengths



Goals

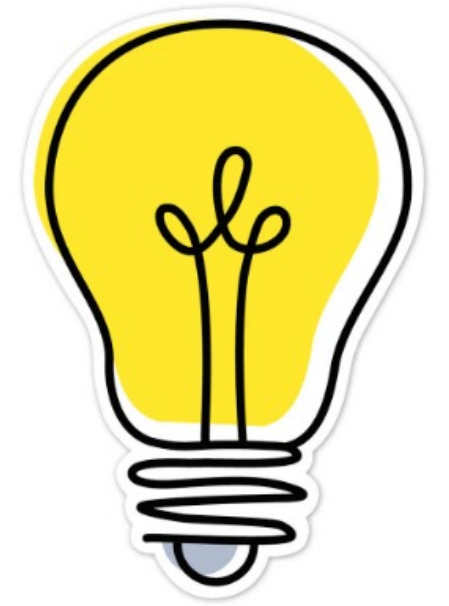
Using your Character Strengths in a new and novel way has been shown to increase your engagement at work and increase overall happiness and wellbeing.



Goals

Kindness

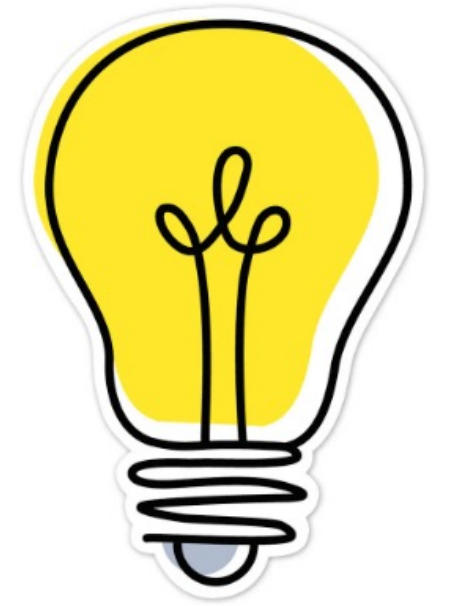
I can use my strength of Kindness by calling an existing parent and giving them a personalised update on how their child is going and something special they have done that day.



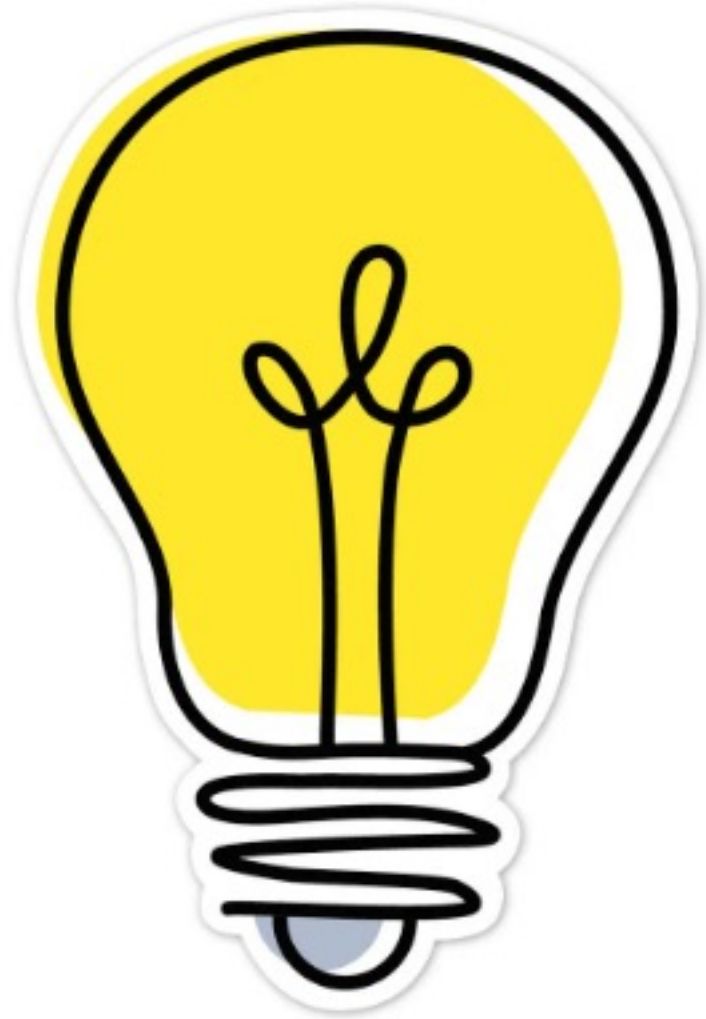
Goals

Love

I can use my strength of love to write a learning story about how a child in my care demonstrates their love to their friends.

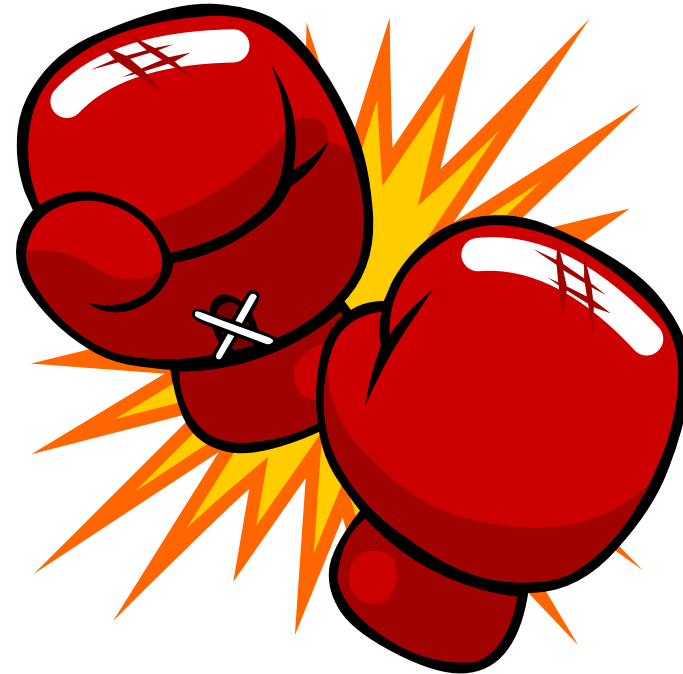


Goals



Try writing one for yourself.

Strengths that CLASH

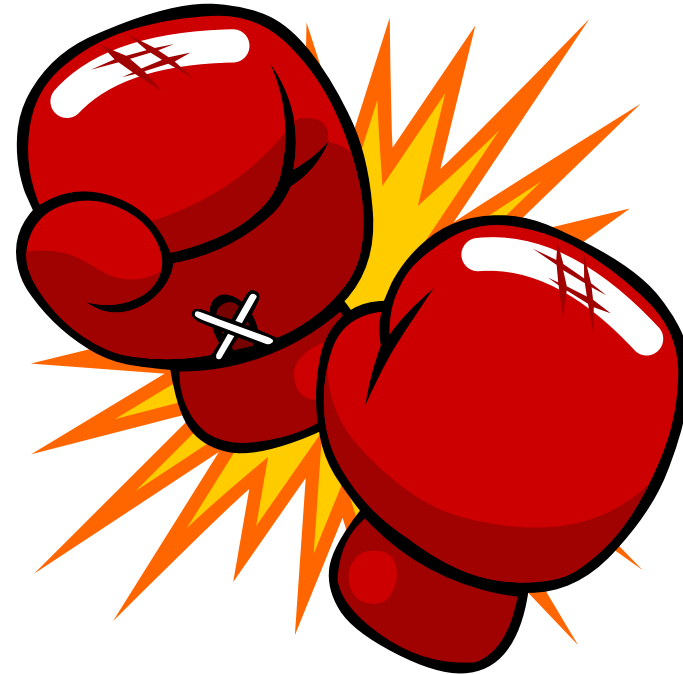


Kindness



Fairness

Strengths that CLASH

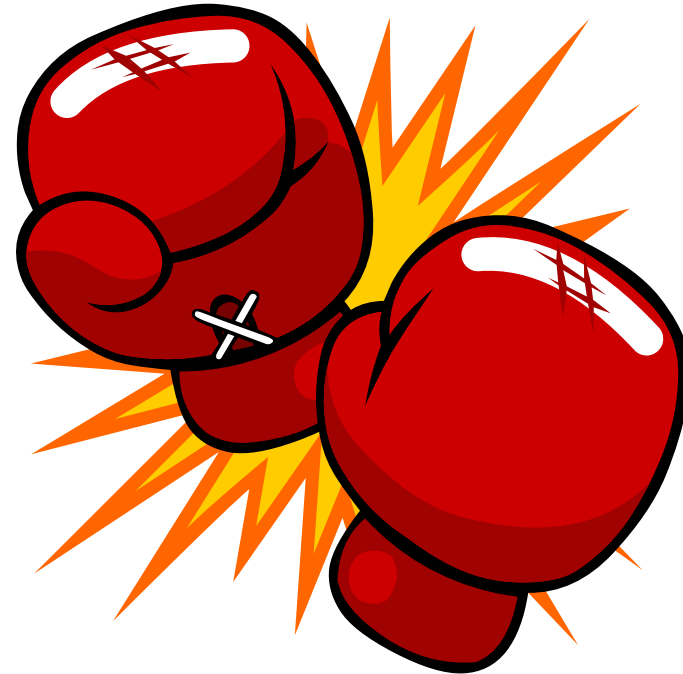


Zest



Prudence

Strengths that CLASH



Perspective



Love of Learning

Strengths that CLASH

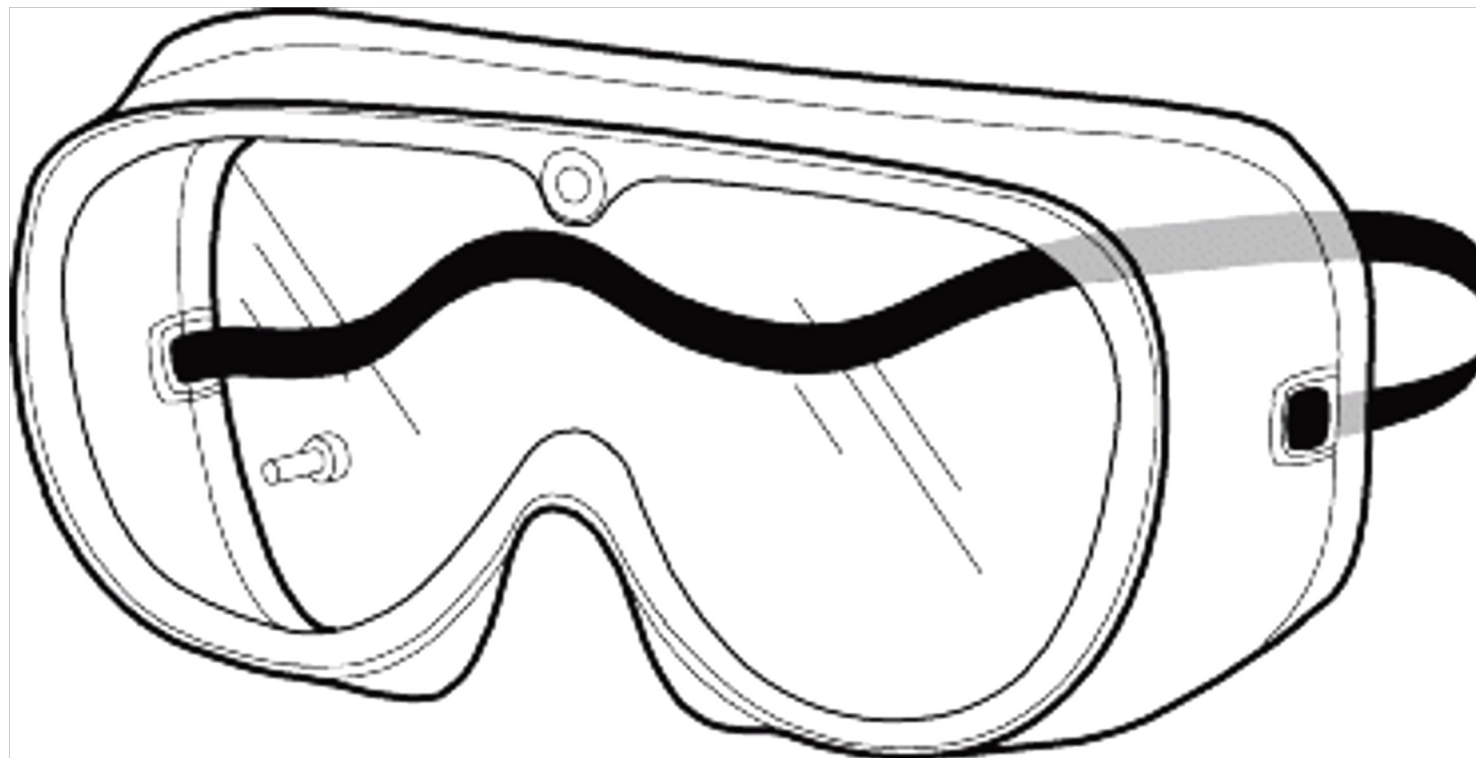


Creativity



Perseverance

Strengths Goggles



Strength Spotting

Example:

- Creativity
- Curiosity
- Judgement
- Passion for Learning
- Perspective
- Teamwork
- Fairness
- Leadership
- Bravery
- Perseverance
- Honesty
- Zest
- Forgiveness
- Humility
- Prudence
- Self Regulation
- Love
- Kindness
- Social Intelligence
- Appreciation of Beauty and Excellence
- Gratitude
- Hope
- Humour
- Spirituality

Please write one sentence detailing an observation you've made about this person using their strength.

Adrian, I love the fact that you're always coming up with creative ideas. I loved the creative way you helped everyone remember the parents' names. You always push me to come up with creative solutions for my problems. Thank you.

Adrian, I love your hope and optimism. The other day when Samantha expressed some new ideas you were the first to support her ideas and volunteer to give it a go. Your strength of hope is also clear when you work with the children in your room. Your language is always so beautiful and positive. It's inspiring to work with you.

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Thank You!

