

Cameras 'ON' encouraged! 😊



2025 Higher Education Summit
Bold Education in Scary Times

Unlock Your Inner Power:
Character Strengths for achieving
Inner Development Goals



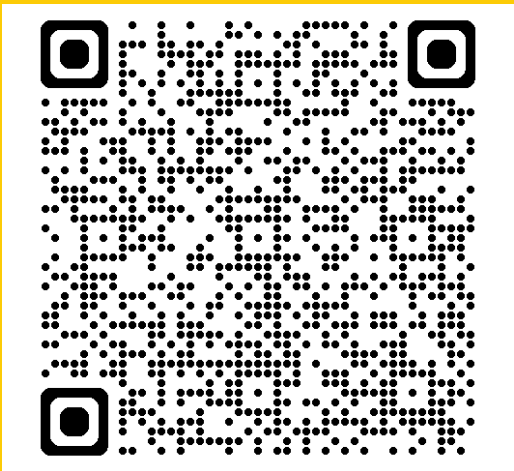
Dr Sherrie Lee Career Consultant



Steve Zhu Senior Tutor, School of Business & Government

© 2025 Dr Sherrie Lee

Download the table of
character strengths



VIA INSTITUTE ON CHARACTER

The VIA Classification of Character Strengths and Virtues

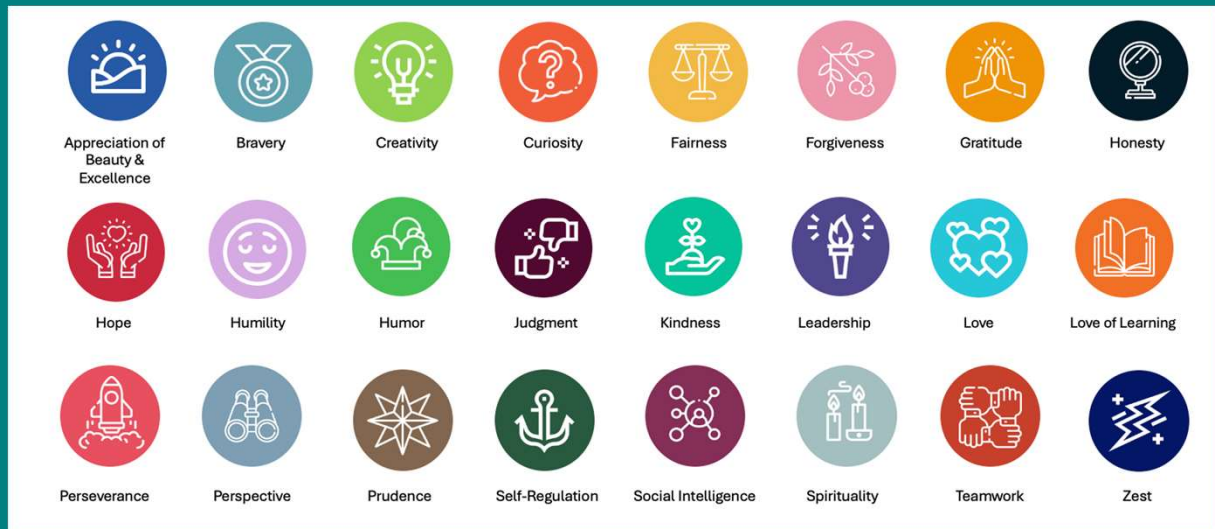
VIRTUE OF Wisdom	CREATIVITY Original & Adaptive Clever, resourceful, and does things in different ways	CURIOSITY Interested Explores new things, Open to new ideas	JUDGMENT A critical thinker Thinks things through, Open minded	LOVE OF LEARNING Modest, new skills & topics, systematically adds to knowledge	PERSPECTIVE Wise, Provides wise counsel, takes the big picture view
VIRTUE OF Courage	BRAVERY Shows valor, Doesn't shrink from fear, Stands up for what's right	PERSEVERANCE Persistent, Industrious, Finishes what one starts	HONESTY Authentic, Trustworthy, Sincere	ZEST Enthusiastic, Energetic, Doesn't do things half-heartedly	
VIRTUE OF Humanity	LOVE Warm and genuine, Values close relationships	KINDNESS Generous, Nurturing, Caring, Compassionate, Altruistic	SOCIAL INTELLIGENCE Aware of the motives and feelings of others, Knows what makes others tick		
VIRTUE OF Justice	TEAMWORK Team player, Socially responsible, Loyal	FAIRNESS Just, Doesn't let feelings bias decisions about others	LEADERSHIP Organizes group activities, Encourages a group to get things done		
VIRTUE OF Temperance	FORGIVENESS Merciful, Accepts others' shortcomings, Gives people a second chance	HUMILITY Modest, Lets one's accomplishments speak for themselves	PRUDENCE Careful, Cautious, Doesn't take undue risk	SELF-REGULATION Self-controlled, Manages impulses and emotions	
VIRTUE OF Transcendence	APPRECIATION OF BEAUTY & EXCELLENCE Feels awe & wonder in beauty, Inspired by goodness of others	GRATITUDE Thankful for the good, Expresses thanks, Feels blessed	HOPE Optimistic, Future-minded	HUMOR Playful, Brings smiles to others, Lighthearted	SPIRITUALITY Searches for meaning, Feels a sense of purpose, Sees a relationship with the sacred



<https://www.viacharacter.org/resources/activities/the-classification-of-character-strengths-and-virtues-icons>

© 2025 Dr Sherrie Lee

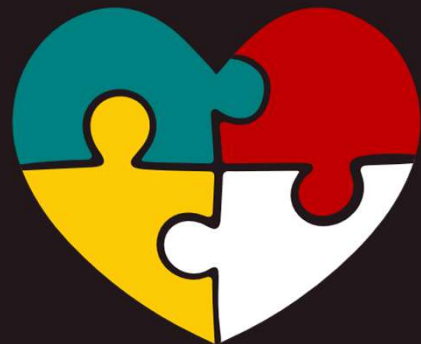
The 24 Character Strengths



© 2025 Dr Sherrie Lee

What are character strengths?

- Everyone possesses all 24 character strengths in different degrees, so each person has a truly unique character strengths profile.
- Character strengths are positive aspects of your personality that influence your thoughts, feelings, and behaviours.
- They are different from your other personal strengths, such as your unique skills, talents, interests and resources.
- Each character strength falls under one of six broad virtue categories, which are universal across cultures and nations.



VIA Institute on Character

© 2025 Dr Sherrie Lee

The 24 character strengths are categorised into six virtue categories



Wisdom: Cognitive strengths for the acquisition and use of knowledge

Courage: Emotional strengths that exercise will to accomplish goals in opposition

Humanity: Interpersonal strengths that involve tending and befriending others

Justice: Civic strengths that underlie healthy community life

Temperance: Strengths that protect against excess

Transcendence: Strengths connected to a larger universe and that provide meaning

© 2025 Dr Sherrie Lee

VIA Classification of Character Strengths and Virtues

Wisdom	 CREATIVITY Original & Adaptive, Clever, A problem solver, Sees and does things in different ways	 CURIOSITY Interested, Explores new things, Open to new ideas	 JUDGMENT A critical thinker, Thinks things through, Open minded	 LOVE OF LEARNING Masters new skills & topics, Systematically adds to knowledge	 PERSPECTIVE Wise, Provides wise counsel, Takes the big picture view
Courage	 BRAVERY Shows valour, Doesn't shrink from fear, Speaks up for what's right	 PERSEVERANCE Persistent, Industrious, Finishes what one starts	 HONESTY Authentic, Trustworthy, Sincere	 ZEST Enthusiastic, Energetic, Doesn't do things half-heartedly	
Humanity	 LOVE Warm and genuine, Values close relationships	 KINDNESS Generous, Nurturing, Caring, Compassionate, Altruistic		 SOCIAL INTELLIGENCE Aware of the motives and feelings of others, Knows what makes others tick	

© 2025 Dr Sherrie Lee

VIA Classification of Character Strengths and Virtues

Justice	 TEAMWORK Team player, Socially responsible, Loyal		 FAIRNESS Just, Doesn't let feelings bias decisions about others		 LEADERSHIP Organizes group activities, Encourages a group to get things done
	 FORGIVENESS Merciful, Accepts others' shortcomings, Gives people a second chance	 HUMILITY Modest, Lets one's accomplishments speak for themselves	 PRUDENCE Careful, Cautious, Doesn't take undue risk	 SELF-REGULATION Self-controlled, Manages impulses and emotions	
Transcendence	 APPRECIATION OF BEAUTY & EXCELLENCE Feels awe & wonder in beauty, Inspired by goodness of others	 GRATITUDE Thankful for the good, Expresses thanks, Feels blessed	 HOPE Optimistic, Future-minded	 HUMOR Playful, Brings smiles to others, Light-hearted	 SPIRITUALITY Searches for meaning, Feels a sense of purpose, Senses a relationship with the Sacred

© 2025 Dr Sherrie Lee

Your VIA Survey Results

- **Top 5 – Signature strengths:** Flow naturally, energising, motivating, consistent across contexts
- **Middle and Lesser strengths ≠ Weakness or Absence:** Situational strengths used when needed or only in certain situations or relationships
- Survey results are not good or bad; no one strength is objectively better than the other.
- Survey designed to compare strengths within an individual, not with other people.



© 2025 Dr Sherrie Lee



Knowing and applying our character strengths help us live better lives

- **Self-awareness:** Gain insight into who you are, what you value, and how you want to contribute to the world.
- **Resilience:** Foster a more positive mindset and develop resilience in challenging situations.
- **Relationships:** Recognise and encourage other people's strengths which can improve your relationships with friends, family and colleagues.

© 2025 Dr Sherrie Lee

The 24 Character Strengths

							
Appreciation of Beauty & Excellence	Bravery	Creativity	Curiosity	Fairness	Forgiveness	Gratitude	Honesty
							
Hope	Humility	Humor	Judgment	Kindness	Leadership	Love	Love of Learning
							
Perseverance	Perspective	Prudence	Self-Regulation	Social Intelligence	Spirituality	Teamwork	Zest

© 2025 Dr Sherrie Lee

The 25 Skills of the Inner Development Guide

 Being Cultivating Our Inner Life	 Thinking Understanding Our Complex World	 Relating Caring for Others and the World	 Collaborating Building Trust and Working Together	 Acting Leading and Enabling Change
Inner Compass	Critical Thinking	Appreciation	Relationship-Building Skills	Courage
Integrity & Authenticity	Perspective Skills	Connectedness	Inclusive Mindset & Intercultural Competence	Hope & Optimism
Openness & Learning Mindset	Systems Thinking	Humility	Co-creation Skills	Conscious Use of Resources
Self-Awareness	Long-term Orientation & Visioning	Empathy & Compassion	Communication Skills	Proactivity
Presence	Creativity	Forgiveness	Mobilization Skills	Resilience

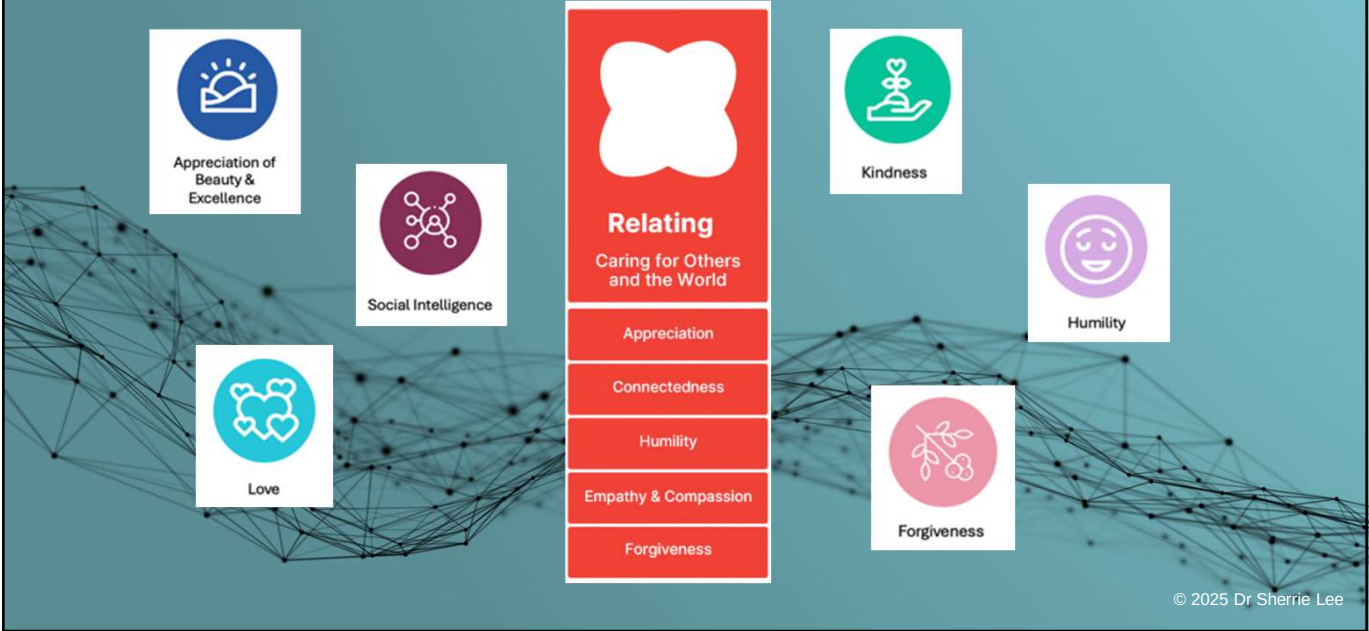
© 2025 Dr Sherrie Lee

Example of Character Strengths x IDG



© 2025 Dr Sherrie Lee

Example of Character Strengths x IDG



ACTIVITY #1: Character Strengths for Scary Times

Which **character strength** might help you deal with it?



ACTIVITY #2: Collective Strengths for Scary Times

Learning in the age of AI

AI is changing how we learn and use knowledge.

Students and academics are grappling with:

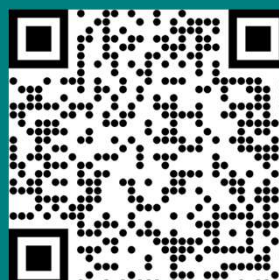
- How to learn when answers are instant
- Staying connected in digital spaces
- Coping with anxiety about fast-changing careers and technology
- Being overwhelmed by constant demands, unsure how to find balance



Activity: Discuss which character strengths will help you and others navigate these challenges.

© 2025 Dr Sherrie Lee

Let's stay connected



sherrie.lee@vuw.ac.nz



<https://www.linkedin.com/in/leesherrrie/>



<https://thediaporicacademic.com>

© 2025 Dr Sherrie Lee