'Knowing Thyself'

In order to lead, we first need to understand ourselves.

Without self-knowledge and understanding, one's leadership capabilities will hamstrung by blind spots and slow growth.

At our very core, we each have our own set of strengths. These strengths play an essential role in our daily lives. When we use our strengths we feel energized and satisfied. Research highlights that our greatest successes are the result of our using of signature strengths.

The Character Strengths survey identifies our character attributes. Developed by Martin Seligman and Christ Peterson (2004), the Character Strengths are shared by humans across the world. Seligman and Petersons research shows that we using your strengths you can expect to experience:

Increased happiness at home and at work.
A sense of ownership and authenticity while using the strength.
A rapid learning curve when using the strength.

Your top strengths, typically your top five, are considered your *signature strengths*. Nurturing your strengths is shown to be both energizing and satisfying. Nurturing your strengths is linked to increased happiness.

http://www.viacharacter.org/www/

COMPLETE THE VIA CHARACTER STRENGTHS SURVEY AND LIST BELOW YOUR SIGNATURE STRENGTHS:

SIGNATURE STRENGTH	DEFINITION

Reflection

How do these signature strengths represent who you are? How do you nurture them? How are they reflected and used daily? How do these strengths support your work as an educator?

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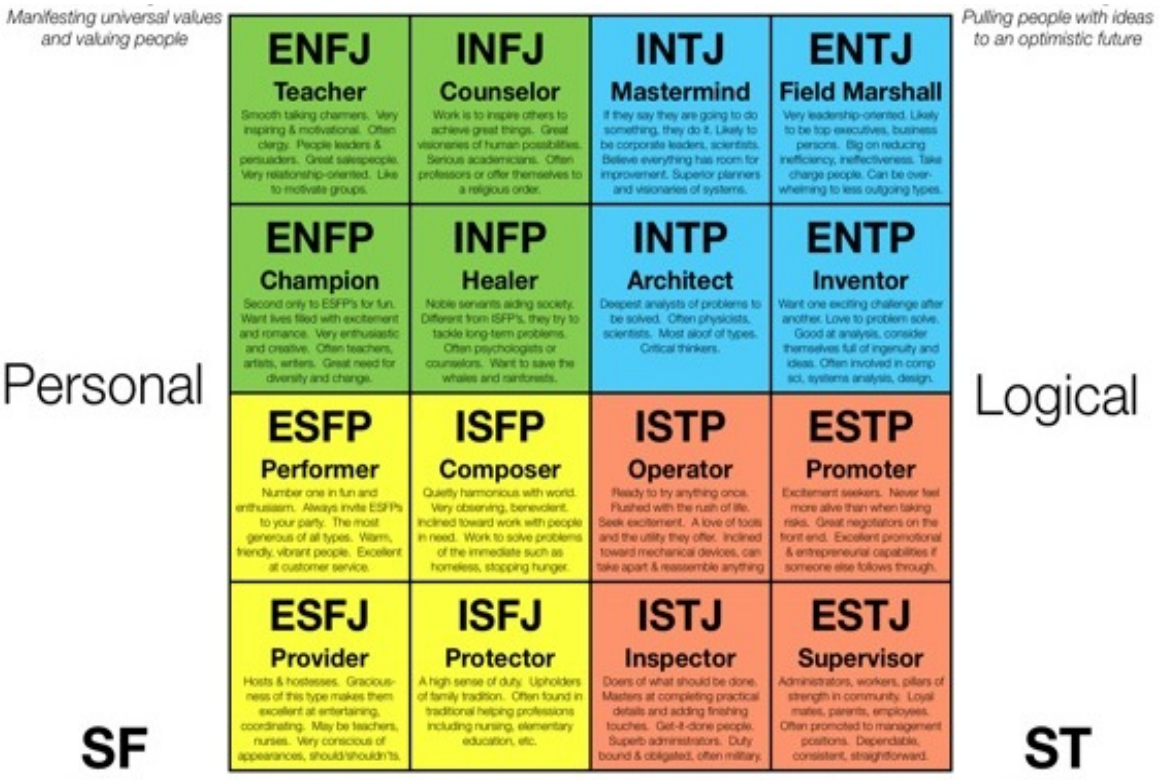
"It is up to each person to recognise his or her true preferences."
Isabel Briggs Myers

The purpose of the Myers-Briggs personality indicator is to make the theory of psychological types understandable and useful in our everyday lives. The essence of the theory is that much seemingly random variation in the behavior is actually quite orderly and consistent, being due to basic differences in the ways individuals prefer to use their perception and judgment.

"Perception involves all the ways of becoming aware of things, people, happenings, or ideas. Judgment involves all the ways of coming to conclusions about what has been perceived. If people differ systematically in what they perceive and in how they reach conclusions, then it is only reasonable for them to differ correspondingly in their interests, reactions, values, motivations, and skills."

Understanding your personality type in conjunction with a deep understanding of your Character Strengths can help you with career planning at every stage: from your choices of subjects and majors in school to choosing your first career, to advancing in your organization or changing careers later in life. More importantly, it supports your understanding of yourself, your development, how to nurture growth and will in turn support those you work with and the children and young people in your care.

Complete the free online Myers-Briggs personality test
https://www.16personalities.com/free-personality-test



Reflection

Highlight the commonalities between your Myers-Briggs results and the character strengths? What do you notice? What are the connections? How does this reflect you as an educator?

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