I first took the VIA character strengths survey in summer 2014. Finding names for my strengths was really valuable for me, particularly because some of those strengths (e.g., humility) get overlooked by others. On more than one occasion, I’ve looked at my strengths profile after interacting with a person who focused on my deficits to help me remember what’s right with me. Learning about strengths was an important step in recognizing that I could change my outlook even when I encountered challenging work situations. I introduce the VIA character strengths survey to students in my classes, and find the strengths framework helpful in providing students with a language to spot and build on strengths, in both themselves and others.

~Jennifer Sharp

Utilizing a “Strengths Based” self-evaluation tool such as the Via Survey, is great way to better inquire, understand and appreciate one’s own premium proficiencies. You can then leverage these insights for personal growth and enhance your life.

~Frank Braun

Using signature strengths in my professional and personal lives has created a richer and more satisfying experience in both arenas. I apply a strengths-based perspective in my teaching to obtain the best work possible from my students. Just as important, I apply the perspective in my home life to encourage my children to use their strengths in their schoolwork, their class selection, and in the after-school activities they choose to participate in. It is vitally important to create a culture of well-being in my home and workplace.

I am excited to be a part of creating a strengths-based workplace here at NKU. I hope that it will enhance staff well-being and create an even more engaging place to work every day.

~Rachael Clark