

These are a few of my favorite things:

Handout:

[Character strengths with underuse and overuse \(finding the golden mean\) and other resources](#)

Articles:

Wilson FC. Mentoring in orthopedics: an evolving need for nurture. J Bone Joint Surg Am. 2004 May;86(5):1089-91. PMID: 15118057.

Huber A, Strecker C, Kachel T, Höge T, Höfer S. Character Strengths Profiles in Medical Professionals and Their Impact on Well-Being. Front Psychol. 2020 Dec 23;11:566728.

Huber A, Strecker C, Hausler M, Kachel T, Höge T, Höfer S. Possession and Applicability of Signature Character Strengths: What Is Essential for Well-Being, Work Engagement, and Burnout? Appl Res Qual Life. 2020 Apr;15(2):415-436.

Monzani L, Seijts GH, Crossan MM. Character matters: The network structure of leader character and its relation to follower positive outcomes. PLoS One. 2021 Sep 1;16(9):e0255940.

Wynia, Matthew K. MD, MPH; Papadakis, Maxine A. MD; Sullivan, William M. Ph.D.; Hafferty, Frederic W. PhD. More Than a List of Values and Desired Behaviors: A Foundational Understanding of Medical Professionalism. Academic Medicine 89(5):p 712-714, May 2014.

Veen M, de la Croix A. How to Grow a Professional Identity: Philosophical Gardening in the Field of Medical Education. Perspect Med Educ. 2023 Jan 6;12(1):12-19.

Désilets V, Graillon A, Ouellet K, Xhignesse M, St-Onge C. Reflecting on professional identity in undergraduate medical education: implementation of a novel longitudinal course. Perspect Med Educ. 2022 Aug;11(4):232-236.

Veen M. Wrestling with (in)authenticity. Perspect Med Educ. 2021 Jun;10(3):141-144.

SERIES: Philosophy in Medical Education, Teaching and Learning in Medicine

Podcasts:

Let me ask you something: <https://marioveen.com/>

[On Being, On shaping technology to human purpose](#), Latanya Sweeney: first African American female MIT computer science PhD (2001),

[Healthcare Professionalism](#)

Tom Inui (A Flag in the Wind)

[Let it Go, Let it Grow](#)

Websites:

[Via Institute on Character](#)

[Jubilee Centre](#)

[WFU Program for Leadership and Character](#)

[Seven strategies for character development](#)

[Leader Character Framework](#)

ProfessionalFormation.org

Books:

Generations - Jean Twenge

IntraConnected - Daniel Siegel

Hidden Potential - Adam Grant
The New Diversity - Tim Elmore

Video:

[Seeing Beauty for a Change](#)

[Wittgenstein's Beetle in a Box](#)

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