

Problem Solving

Empathy

Active Listening

Dealing With
Uncertainty &
Complexity

Critical Thinking

Understanding
& Appreciating
Differences

Negotiation

Co-Operation

Risk Taking |
Managing Risk

Managing
Information

Patience

Taking Care
Of Others

Creativity

Adaptability
And Flexibility

Resilience

Teamwork

Conflict
Resolution

Self-Confidence

Self-Evaluation

Self-Discipline

Self-Efficacy

Navigating
Impulses

Perseverance

Identifying
Emotions

Recognising
Strengths

Goal Setting

Stress
Management

Self-Perception

