SELF AWARENESS

The capacity for understanding one's emotions, one's strengths and one's weaknesses and possessing self-confidence.

RESPONSIBLE DECISION-MAKING

The ability to understand the problem, generate possible solutions, decide which solution will get the best result, try it out and evaluate the outcome. It also is the ability to act ethically and responsibly.

SELF MANAGEMENT

The capacity for effectively managing one's motives, integrity and acting congruently with one's values. It is regulating one's behavior and impulsivity, managing stress, achievement oriented, ready to act on opportunities, optimism and persistence in pursuing goals.

SOCIAL AWARENESS

The capacity for understanding what others are saying and feeling and why they feel and act as they do. Empathy and perspective taking is also an aspect of social awareness.

RELATIONSHIP MANAGEMENT

The capacity for acting in such a way that one is able to get a desired result from others and reach personal/group goals. It is also developing others, inspirational leadership, influence, conflict management, teamwork and collaboration.