



Self-management

Focusing

The ability to manage cognitive load by altering and sorting information in order to maintain a sense of focus in an age of information overload and constant change



Integrity

Acting in an honest and consistent manner based on a strong sense of self and personal values



Adapting

The ability and interest to continue to enlarge knowledge, understanding and skills in order to remain adaptive and resilient as circumstances change



Initiative

Readiness to get started and act on opportunities built on a foundation of self belief



Social intelligence

Communicating

The ability to openly and honestly share information in a way that creates mutual understanding about others' thoughts, intentions and ideas



Feeling

Considering impact on other people by being able to take a range of different thoughts, feelings and perspectives into account



Collaborating

The ability to work in coordination with others to convey information and tackle problems



Leading

The ability to lead others by inspiring them with a clear vision and motivating them to realise this



Innovation

Curiosity

The desire to know or learn something in order to inspire new ideas and concepts



Creativity

The ability to imagine and think of new ways of addressing problems, answering questions or expressing meaning



Sense making

The ability to determine the deeper meaning or significance of what is being expressed and to recognise wider themes and patterns in information



Critical thinking

The ability to evaluate and draw conclusions from information in order to solve complex problems and make decisions

