Engagement (Confidence as a Learner)

Enthusiastically takes on new challenges, pushes limits whilst also taking care of own confidence.

Communication & Language

Two way, respectful, assertive communications. Has language to talk about thinking and emotions.

Realistic Analysis & Planning

Stops to think before acting, makes a realistic assessment of situations and plans accordingly.

Assertiveness

Able to be calmly assertive, without getting aggressive or upset.

Focus & Perseverance

Works towards goals despite setbacks.

Taking Responsibility

Taking responsibility for own thoughts, emotions and actions.

Relating to Others / Empathy

Sees the needs of others, offers care and support, feels closely connected.

Calmness

Has the habit of calmness and knows how to create it in difficult situations.