

Work Ethic, Critical Thinking, Goal Achievement

Committing to high standards and continuous improvement through work ethic, self-management, and goal achievement

- Adhere to strong internal standards of excellence.
- Exhibit perseverance and self-motivation when things are not easy.
- Exhibit the positive attitude and persistent effort needed to continuously improve.
- Seek external support and incorporate feedback effectively.
- Develop, monitor, and modify goal achievement action steps.

Exhibiting critical thinking, problem solving, creativity and innovation

- Maximize the potential of available resources.
- Consider different perspectives, approaches, and possibilities when solving problems.
- Leverage individual and collective strengths to overcome performance challenges.
- Utilize effective decision-making across diverse social and professional contexts and situations.

Communication, Collaboration, Teamwork

Communicating and collaborating with efficiency and effectiveness

- Clarify and verify understanding.
- Express views and ideas effectively.
- Use effective communication strategies in diverse contexts, settings and situations.
- Recognize and respond to the feelings and perspectives of others.

Developing teamwork through positive and productive relationships

- Adapt to new roles and changing strategy in the pursuit of a team goal.
- Exercise flexibility and willingness to make necessary compromises to accomplish a common goal.
- Recognize and balance diverse beliefs and perspectives to reach effective solutions.
- Work efficiently and effectively with others.

Excellence & Ethics Competencies

Priority Management, Stress Reduction, Well-Being

Managing priorities and time, managing and reducing stress

- Identify factors that contribute to (drivers) or detract from (preventers) effective time management.
- Organize, prioritize, plan and execute tasks effectively.
- Implement productive strategies for reducing stress.
- Use failures, disappointments, and setbacks as opportunities to learn and improve.
- Know how and when to ask for help.

Living a purposeful, balanced and healthy life

- Pursue multidimensional life-goals, interests, and aspirations.
- Work to develop personal strengths and overcome personal challenges.
- Live a safe, balanced, and healthy life.

Integrity, Responsibility, Leadership

Demonstrating emotional intelligence, integrity, and responsibility

- Demonstrate ethical conscience and competence.
- Exhibit personal accountability for responsibilities and obligations.
- Act with integrity according to a well-formed ethical code of conduct.
- Hold self and others accountable.

Leading and serving others

- Use one's talents and skills to serve the good of the group/team.
- Use interpersonal and group management skills to lead others effectively.
- Motivate and empower others.
- Commit to shared goals and the collective good.