

CORE COMPETENCIES

Official newsletter of the Core Comp Team
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CORE COMPETENCIES FEATURED IN THIS ISSUE:



**Championing Change and
Innovation**



Resilience

The Core Competencies are based on professional traits and behaviours designed to recognize and promote the personal motivations and the professional traits and behaviours that exemplify the best employees in the sector.

Visit the new Core Competencies Website:
<https://provincialnetwork.ca/core-competencies/>

TEN CORE COMPETENCIES

- Advocacy
- Building Relationships
- ★ **Championing Change and Innovation**
- Facilitating Growth and Development
- Inclusive Leadership
- Problem Solving & Decision Making
- ★ **Resilience**
- Resource Management
- Strategic Thinking
- Valuing Equity, Diversity, and Inclusion



CHAMPIONING CHANGE AND INNOVATION IS:

**BEING FLEXIBLE
& ADAPTABLE**

to changing
environments.

**WORKING
EFFECTIVELY**

with various
people &
groups.

**AN OPEN
MINDSET**

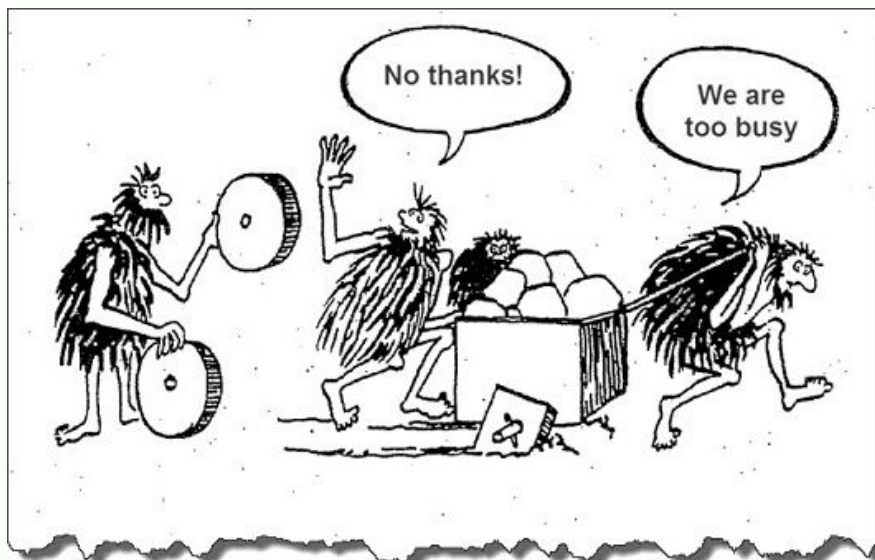
to understand,
appreciate &
empathize.

Demonstrating a
**PERSONAL
COMMITMENT**

to change
through actions &
words.

A clear vision for
change &
COMMUNICATING

this in a way that all people
are included & understand
what the change means to
them.



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work.ca/core-
competencies/](https://provincialnetwork.ca/core-competencies/)

Team Meeting Communication Activity

How to Play - Card Pieces

Need: enough people for at least three teams of 2 and playing cards

Instructions

1. Cut each playing card into half diagonally, then in half diagonally again, so you have four triangular pieces for each card.
2. Mix all the pieces together and put equal numbers of cards into as many envelopes as you have teams.
3. Divide people up into teams of three or four. You need at least three teams. If you're short of people, teams of two will work just as well.
4. Give each team an envelope of playing card pieces.
5. Each team has three minutes to sort its pieces, determine which ones it needs to make complete cards, and develop a bargaining strategy.
6. After three minutes, allow the teams to start bartering for pieces. People can barter on their own or collectively with their team. Give the teams eight minutes to barter.
7. When the time is up, count each team's completed cards. Whichever team has the most cards wins the round.

Advice for the Facilitator

After the activity, ask your team members to think about the strategies they used. Discuss these questions:

- Which negotiation strategies worked? Which didn't?
- What could they have done better?
- What other skills, such as active listening or empathy, did they need to use



RESILIENCE INVOLVES:

 Maintaining stamina and performance under continued stress and to act effectively under pressure.

 It includes bouncing back from disappointments or confrontations, and not letting them negatively influence ongoing performance.

 It involves keeping one's emotions under control and restraining negative responses when provoked.

 It includes expressing or resolving stressful situations in an appropriate way that doesn't harm self or others.



EMOTION REGULATION STRATEGIES



Name the emotion



Validate the emotion



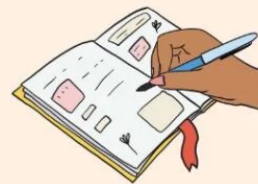
Identify triggers



Meditation or mindfulness



Talking through emotions



Journaling



Notice when you need a break



Good sleep hygiene



Consider therapy

Simply Psychology