



CORE COMPETENCIES

Newsletter

July, 2024 - Volume 1

CORE COMPETENCIES FEATURED IN THIS ISSUE:

- **Championing Change and Innovation**
- **Resilience**



THESE ARE THE MODERNIZED TEN CORE COMPETENCIES:

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



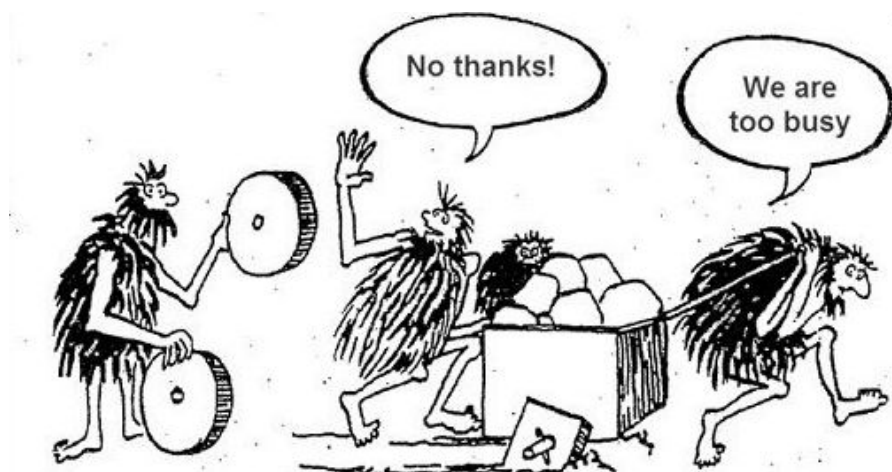
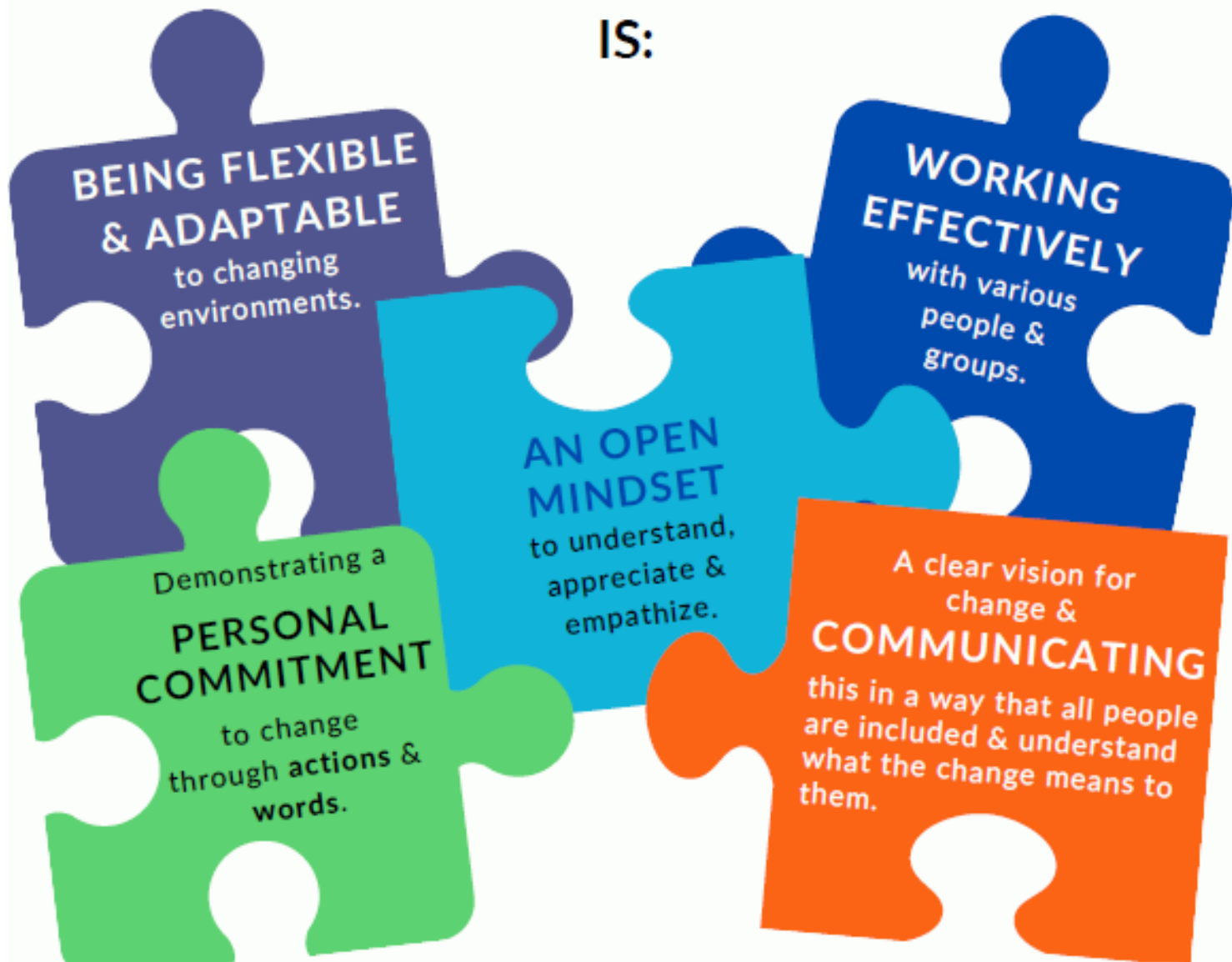


FEATURED CORE COMPETENCY

Championing Change and Innovation

CHAMPIONING CHANGE AND INNOVATION

IS:



**Visit the new
Core Competencies
Website:**
[https://provincialnet
work.ca/core-
competencies/](https://provincialnetwork.ca/core-competencies/)

Activities to Assist with Championing Change and Innovation Competency Development at the Emerging Level:

Identify something you find difficult and ask 2 colleagues for ideas how you could approach the situation or problem differently.

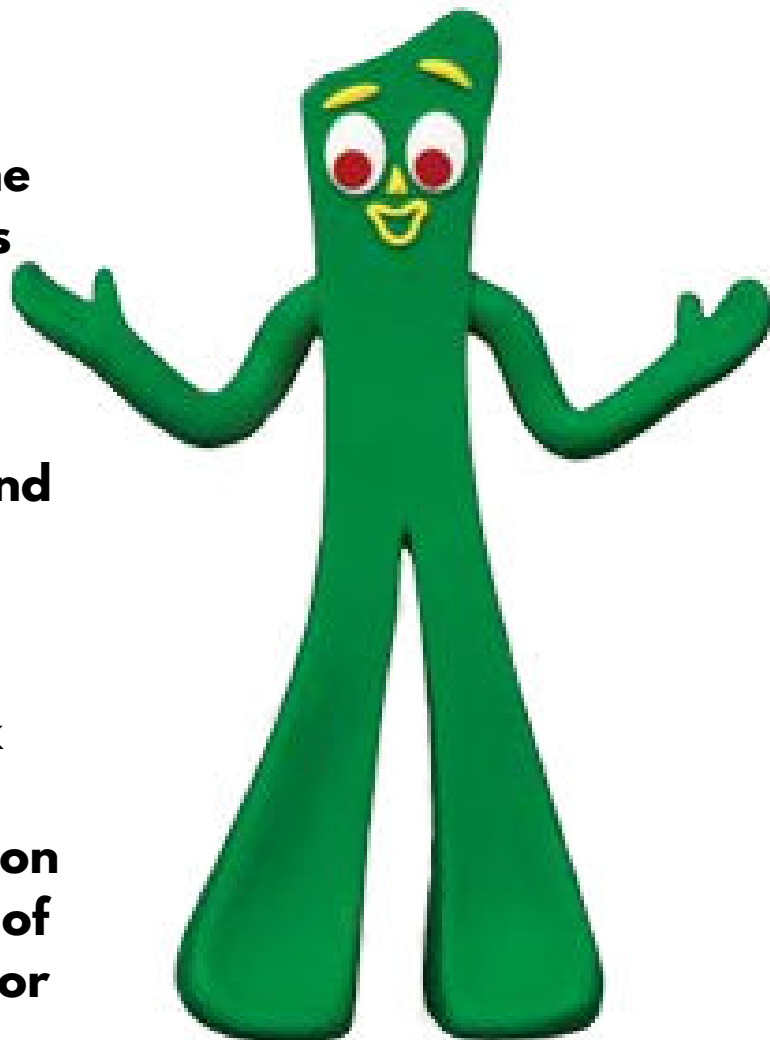
Identify someone who is flexible and make a note of 5 things you see them do to be flexible.

Practice being flexible; select a time you have disagreed with someone and make a list of the positive aspects of their approach.

Practice adopting a positive attitude and you will find that the new demands on you will be less stressful.

Think about your personal learning/ working preference and make a list of why people might have a different preference.

Ask 2 colleagues for feedback on your flexibility and how you can improve. Resist the temptation to defend yourself, make a note of their feedback and thank them for their feedback.



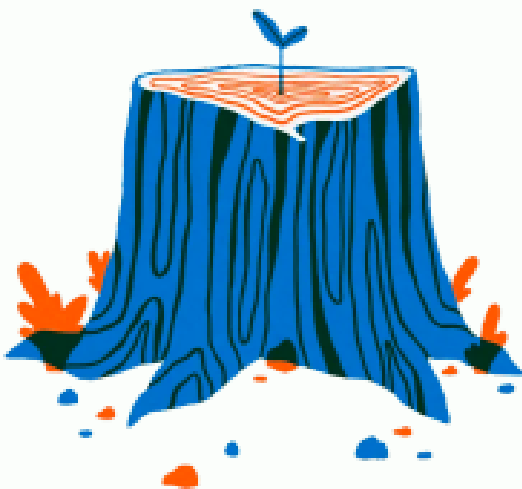


FEATURED CORE COMPETENCY

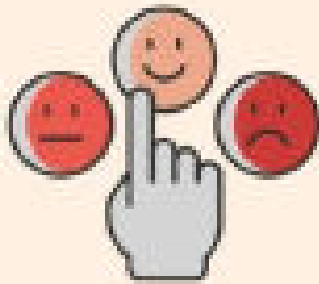
Resiliency

RESILIENCE INVOLVES:

-  Maintaining stamina and performance under continued stress and **acting** 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



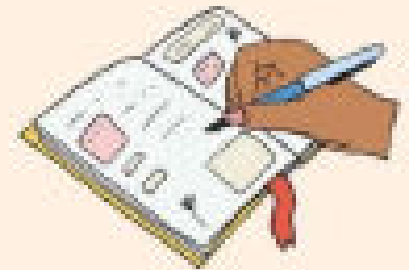
Identify triggers



Meditation or mindfulness



Talking through emotions



Journaling

Simply Psychology



Notice when you need a break



Good sleep hygiene



Consider therapy

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