

Aims of each competency

Independence & Aspirations	Autonomy & Advocacy	Choices & Influences
<ul style="list-style-type: none"> • Goal Settings • Organisation skills • Self-awareness • Risk Management skills. • Analytical skills • Decision making • Adaptability • Resilience • Motivation • Manage influence. • Presentation skills • Empathy • Compassion • Clarify values 	<ul style="list-style-type: none"> • Develop agency. • Manage influence. • Communication skills • Respect for beliefs, values, and opinions • Advocacy skills • Assertive communication • Negotiation skills • Confidence • Self-worth • Decision making • Clarify values. • Develop support-seeking skills 	<ul style="list-style-type: none"> • Leadership skills • Presentation skills • Strategies to manage influence. • Critical thinking • Risk management • Empathy & Compassion • Manage influence. • Access support • Develop agency