

Capabilities we are building



Young People

We support well-being in young people by growing resilience, capability and connectedness.



Self-awareness

- I manage my emotions
- I have an accurate self-perception
- I recognise my strengths
- I am self-confident
- I have self-efficacy

Self-management

- I control my impulses
- I manage my stress
- I am self-motivated
- I practice self-care



Responsible decision making

- I identify problems
- I solve problems
- I self-reflect
- I consider ethical responsibility



Social awareness

I see other perspectives

I empathise

I appreciate diversity

I respect others

Relationship Skills

I communicate effectively

I build relationships



I Am Resilient.

I have a strong sense of well-being as a result of being able to regain my emotional, mental, physical and spiritual health when things knock me off balance.

Capable.

I have a strong sense of well-being as a result of feeling motivated and valued. I know what kind of community I want to create and I am clear how I am contributing to it.

Connected.

I have a strong sense of well-being as a result of feeling I belong. I am choosing, growing and maintaining caring relationships in which I feel my worth.

Let's Talk

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