# KPQ

## Core competencies for Skillshare International development workers:

### Integrity

Maintains and promotes social, ethical and organisational norms. Adheres to Skillshare International protocols and regulations.

- Fairly represents organisations capabilities
- Identifies and responds to unethical behaviour in an appropriate manner
- Acts on accordance with accepted ethical standards and code of conduct, avoiding inappropriate relationships within a given context
- Adheres to policies and regulations
- Meets commitments and promises

## Managing Stress

Maintaining stable performance under pressure and/or opposition (time pressure, job ambiguity), able to relieve stress in a manner acceptable to other people and the organisation.

- Identifies personal signs of emotional and physical stress
- Uses appropriate coping strategies to manage stress
- Able to recognise stressful situations
- Maintains composure
- Identifies ways to reduce stress
- Seeks support from others

## Self-Reliance and Self-Confidence

Able to confidently manage own affairs and look after own needs. Possesses belief in oneself.

- Able to identify and meet personal needs
- Shows ability to function independently in isolated situations
- Displays an active/responsible (optimistic) attitude in the face of challenges
- Has faith in own ability to be successful or overcome difficulties
- When appropriate, expresses own position clearly and confidently, even when it is evident that others don't agree (conflict management skills)
- Maintains self-esteem without personal support networks

## Self-Awareness

Demonstrates an awareness of own strengths, limitations and personal values. Understands how own beliefs, thoughts and emotions influence behaviour and actions.

• Able to describe their own strengths and limitations

- Able to articulate their beliefs, motivations and values
- Able to describe their thoughts and emotions and how the influence their behaviour in a given situation.

## Resilience

Can deal with disappointment or rejection. Keeps self-esteem even after negative feedback. Recovers from setbacks. Able to respond positively to challenges.

## **Cross Cultural Sensitivity**

Remains open to all people regardless of race, religion or culture. Seeks opportunities to learn and understand other cultures. Able to communicate and interact effectively with people from different backgrounds.

- Shows interest and curiosity about other cultures
- Checks to ensure mutual understanding,
- Helps others to understand own culture
- Checks own understanding before acting in new situations, recognising that own interpretation may be misleading.
- Adjusts behaviour to others' cultural and work environment.
- Able to suspend the personal voice of judgement to understand different perspectives.

## Working and developing others

Able to establish cooperative trustful relationships, humility, friendliness and sensitivity.

- Able to listen.
- Demonstrates patience, tolerance and respect for others
- Assumes that most people are honest and well intentioned.
- Provides tactful feedback.

## Flexibility

Modifies style and approach in order to achieve a specific objective. Adapts behaviours to meet situational needs

- Adapts to other peoples' working style
- Able to change working habits
- Able to change strategies or approaches when necessary.
- Willing to change mind