THE AKI FIVE TRANSVERSAL COMPETENCES REFERENCE GRID

> Open-mindedness

Showing evidence of curiosity

Be interested in others

Find out about one's environment

Compare the new environment with what is already known

Head out to the unknown

Respecting various opinions

Listen to every person's opinion

Listen without seeking to impose one's ideas

Remain to all opinions differing from one's own

Assimiler criticism in a constructive fashion

Taking diversity into consideration

Be aware of the surrounding diversity

Be mindful of others in their differences

Share one's differences with others

Broaden oneself through exposure to diversity

> Adaptation to change

Approaching change

Be open to change

Understand what causes change

Understand what is to be gained or lost in change

Keep a critical mind about change

Adjusting one's actions to change

Leave one's references behind to make room for the new

Change one's plans and way of doing things

Provide oneself the necessary ressources for adaptation

Adapt to change without loss of efficiency

Committing to change

Make proposals

Learn new tasks, technologies

Display creativity

Initiate change

> Interpersonal relations

Relating to others

Actively listen to others

Place oneself in other people's shoes to understand how they feel

Choose the most appropriate means of communication for one's interlocutor

Communicate easily with strangers

Operating in a group

Identify roles and places in a group

Participate in the group's activities in pursuit of a common goal

Bring help to members of the group

Prefer the group's interest to one's own

Enhancing one's dispositions to networking

Integrate into an existing network of contacts

Create one's network of contacts

Maintain one's network of contacts via NIT and real-life encounters

Enlarge one's network of contacts via NIT and real-life encounters

> Sens of responsability

Understanding one's environment before taking action

Understand what is expected of oneself

Take into account the ressources and constraints of the environment

Analyse the situation

Devise an action plan

Taking action mindfully of others

Avoid taking risks irrespective of oneself and others

Answer for one's actions and ` take responsibility for their consequences

Share decision-making with others

Support collective decision-making

Solving problems

Find a solution to a problem

Ask for help when needed

Teach others how to solve problems

Anticipate problems

> Self-confidence

Recognising one's strenghts and limits

Show awareness of one's strenghts

Recognise one's limits

Try to overcome one's limits

Turn one's limits into an asset

Asserting oneself

Observe one's environment in order to act accordingly

Find one's position in a group with regard to one's abilities

Assert one's choices and one's opinions

Express oneself without feeling destabilised by criticism

Developing one's ability to take action

Ask oneself what can be done

Take initiatives

Take up challenges

Looking for ways to bounce back in case of failure