

SELF EFFICACY

An individual's self-efficacy refers to their confidence in making changes to achieve a desired outcome. One's level of self-efficacy can determine how they work through difficult life events and strengthen their resilience. It also highlights their ability to resist social pressures and act on their values.

1. LOW 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

SOCIAL CAPABILITY

Mindful Communication Paying attention to other's facial expressions, tone and body language. As well as communicating social behaviours clearly and confidently (i.e. appropriate eye contact, voice projection, body posture and language).

1. LOW 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Sense of Belonging

Contributing and feeling connected to a cause, higher purpose or group in the community.

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Conflict Resolution

Being able to identify solutions to relationship problems, negotiate cooperate and compromise.

1. LOW 2. 3. FAIRLY GOOD 4. 5. EXCELLENT

Relationship Values

Display values of kindness, empathy, loyalty, honesty, appreciation of differences.

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SELF-AWARENESS & APPRECIATION

Character Strengths Aware of what defines your character (i.e. leadership, hope, love of learning, gratitude).

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Flow States Engage in hobbies / interests. These can act as flow experiences - a peaceful state of mind where one is completely immersed and loses track of time.

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Skills & Goals

Awareness of skills, achievements, areas for improvement /goals and their significance in defining oneself.

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Values

Clarity of what is important to you. Values gives an individual direction and a sense of purpose. Men of Honour X workshop series encourages the cultivation of honesty, humility, gratitude and self-sacrifice / discipline.

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My Background

Appreciate my family lineage, heritage and cultural identity.

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Health

Engage in a healthy lifestyle (i.e. exercise, nutrition, sleep, mind-body connection).

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2. What do you hope to get out of the Men of Honour X Workshop?
