

## PERSONAL DEVELOPMENT

KEY CONCEPT	DEFINITION	WHAT DOES IT LOOK LIKE?
<b>TEAM WORK &amp; COLLABORATION</b>	<p><b>Teamwork</b> is characterised by a group of people with similar skills working together.</p> <p><b>Collaboration</b> brings together individuals with different skills and perspectives to complete a project.</p>	<ul style="list-style-type: none"> <li>• Listening to others.</li> <li>• Sharing of own ideas.</li> <li>• Taking on board other ideas and accepting that initial ideas may change after listening to others.</li> <li>• Displaying levels of emotional intelligence.</li> <li>• Allowing others to take the lead.</li> <li>• Taking the lead without being 'bossy.'</li> <li>• Accepting that your own ideas may not be the ones taken forward by the group but remaining focused on the shared goal.</li> </ul>
<b>RESILIENCE &amp; PERSEVERANCE</b>	<p><b>Resilience</b> is about the mind set and thought process to overcome challenges and maintain focus.</p> <p><b>Perseverance</b> is the act of keeping going and going and going until you get there.</p>	<ul style="list-style-type: none"> <li>• Understanding that you can learn from mistakes.</li> <li>• Recognising mistakes or where performance can be improved.</li> <li>• Having the emotional intelligence to control frustration and turn it into a 'can-do' attitude: showing self-control over their own emotions.</li> <li>• Not giving up but keeping on trying.</li> <li>• Seeking and/or accepting advice from others.</li> <li>• Articulating what they need to do - in small steps - to overcome any barriers.</li> </ul>
<b>AMBITION &amp; DRIVE</b>	<p><b>Ambition</b> refers to the desire to achieve what one would individually define as "success."</p> <p><b>Drive</b> is the internal push or effort that one uses in accomplishing long-term goals.</p>	<ul style="list-style-type: none"> <li>• Awareness of what has been done well: acknowledging and accepting praise and recognition.</li> <li>• Awareness of what needs to be improved: understanding and accepting constructive critique.</li> <li>• Articulating what personal goals or next steps are needed in order to continue making progress.</li> <li>• Recognising what has been done well and seek to repeat/emulate previous elements of success.</li> <li>• Seeking to set a personal best and continue to set personal challenges and goals.</li> <li>• Accepting/seeking support to help personal achievement and progress.</li> <li>• Understanding that <b>ambition</b> is not achievable without the <b>drive</b> and effort to succeed: <b>Ambition + Drive + Actions = Success</b></li> </ul>
<b>GOOD SPORTSMANSHIP</b>	<p><b>Good sportsmanship</b> is when people who are playing or watching a sport treat each other with respect.</p> <p>This is with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's competitors.</p>	<ul style="list-style-type: none"> <li>• Respect for others.</li> <li>• Willingness to take on board teaching points and be ready to learn.</li> <li>• Have a positive attitude.</li> <li>• Be supportive of others. In team games, encourage teammates and other players. If you're losing, it's best not to take your disappointment out on your teammates. If you are winning it's best not to brag or gloat to the other team.</li> <li>• Everyone is playing fair and understanding the importance of fair play.</li> <li>• No arguing: everyone following directions and respect the decisions of referees/coaches.</li> <li>• Everyone should have a chance to play/perform and children understand equality of opportunities.</li> </ul>

