

Communication	Ability to communicate well orally, in writing or by e-mail, in an appropriate manner depending on who you are communicating with
Team work	Being a constructive team member, making a successful contribution to the team (e.g.: Team sports / Voluntary project / Charity events)
Leadership	Being able to motivate and encourage others, whilst taking the lead
Initiative	Ability to see opportunities and set and achieve goals
Problem solving	Thinking things through in a logical way in order to establish important issues and reach a solution
Flexibility/Adaptability	Ability to handle change and adapt to new situations (e.g.: Moving to a new area / Changing school or job / Joining a new group)
Self-awareness	Knowing what your strengths and skills are and having the confidence to put them across
Commitment/Motivation	Having energy and enthusiasm in what you do
Interpersonal skills	Ability to relate well to others and create good working relationships
Numeracy	Good understanding of numerical information (e.g.: Cash handling / Maths / Graphs)