

SELF AWARENESS

It is the ability to effectively recognise and understand your own emotions, moods, and motivations, as well as how they affect others.

POSITIVE HABITS

Build small, consistent routines to increase focus, strengthen discipline, and improve daily performance.

SELF CONTROL

This involves controlling or directing disruptive impulses and emotions. Rather than reacting impulsively, self-regulation enables you to consider before acting and adjust to changing situations.

EMOTIONAL INTELLIGENCE

EMPHATY

Recognising and understanding the emotions of others

MOTIVATION

Utilising emotions to pursue goals.

PERSONAL GROWTH

Learn from experiences to improve mindset, build confidence, and reach your full potential.

