

## Common Competencies/Outcomes of TRP® Workshop Graduates

- \_\_\_ Stays positive, productive and effective, no matter what the circumstances.
- \_\_\_ Solves problems; mind is not clouded/hindered by “victim mentality.”
- \_\_\_ Rebounds from mistakes, disappointments or setbacks. Resilient.
- \_\_\_ Controls/handles own emotions; is emotionally intelligent.
- \_\_\_ Receives and regards feedback as a gift. Learns from experience.
- \_\_\_ Actively seeks/requests feedback. Is not victimized by it.
- \_\_\_ Confronts poor performance of others: does not rescue or enable others.
- \_\_\_ Is accountable—no blaming or excuses—and holds others accountable.
- \_\_\_ Takes initiative; is not resistant/victimized.
- \_\_\_ Inspires others to take initiative by setting the example.
- \_\_\_ Chooses/volunteers to do difficult tasks/take responsibility.
- \_\_\_ Doesn't “take it personally” or “let it get to me.”
- \_\_\_ Can deal with people who are in victim mentality or emotional state.
- \_\_\_ Manages stress, can deal with the stresses of daily and organizational life.
- \_\_\_ Improves health and wellbeing due to improved stress management.
- \_\_\_ Has a “service” orientation toward coworkers, customers, clients.
- \_\_\_ Inspires and leads by his/her TRP® attitude and behavior.
- \_\_\_ Innovative; is not fearful/victimized by risk and innovation.
- \_\_\_ Doesn't criticize, gossip, complain/whine.
- \_\_\_ Can recognize his/her own victim mentality and release it.
- \_\_\_ Deals with conflict; can turn it into positive, growthful outcomes.
- \_\_\_ Doesn't join others who criticize, gossip or complain.
- \_\_\_ Helps others stay TRP®, or release victim mentality, by modeling.
- \_\_\_ Makes no major decisions when in victim/negative tension.
- \_\_\_ Willing and able to initiate “difficult conversations” and give feedback.
- \_\_\_ Welcomes and embraces change; is not victimized by change.
- \_\_\_ Perseveres in the face of difficulty; not victimized by adversity.
- \_\_\_ Sees “problems” as opportunities for finding solutions.
- \_\_\_ Sees all experiences as **O**pportunities **F**or **L**earning and **G**rowth (OFLAG)
- \_\_\_ Reads others' emotions well. Not fearful of others' emotional upsets.
- \_\_\_ Improves relationships, as a result of various outcomes described above.
- \_\_\_ Thinks in terms of “team” rather than “me-me.” Practices teamwork.
- \_\_\_ Recognizes the value of a “culture of responsibility” and fosters it.
- \_\_\_ Recognizes the importance of purpose; sees purpose in life and work.
- \_\_\_ Leadership by example, by demonstrating/living the above behaviors.