

# Personal Effectiveness Competencies

<p><b>Manager</b> Name _____ Date: _____</p> <p><b>Interpersonal Skills</b></p> <p>Speaks clearly, confidently, and with appropriate eye-contact with audience.</p> <p>Applies active listening skills using reflection, restatement, questioning, and clarification.</p> <p><b>Integrity</b></p> <p>Treats others honestly, fairly, and courteously (words required).</p> <p>Accepts responsibility for one’s decisions and actions.</p> <p><b>Professionalism</b></p> <p>Accepts feedback and attempts to learn from mistakes or misunderstandings.</p> <p>Demonstrates positive attitude toward work and others.</p> <p>Manages conflict respectfully while maintaining progress toward a goal.</p> <p><b>Lifelong Learning</b></p> <p>Seeks feedback and asks questions to strengthen own understanding.</p> <p>Uses newly learned knowledge and skills to complete specific tasks.</p>	<p><b>Spokesperson</b> Name _____ Date: _____</p> <p><b>Interpersonal Skills</b></p> <p>Speaks clearly, confidently, and with appropriate eye-contact with audience.</p> <p>Applies active listening skills using reflection, restatement, questioning, and clarification.</p> <p><b>Integrity</b></p> <p>Treats others honestly, fairly, and courteously (words required).</p> <p>Accepts responsibility for one’s decisions and actions.</p> <p><b>Professionalism</b></p> <p>Accepts feedback and attempts to learn from mistakes or misunderstandings.</p> <p>Demonstrates positive attitude toward work and others.</p> <p>Manages conflict respectfully while maintaining progress toward a goal.</p> <p><b>Lifelong Learning</b></p> <p>Seeks feedback and asks questions to strengthen own understanding.</p> <p>Uses newly learned knowledge and skills to complete specific tasks.</p>
<p><b>Quality Control</b> Name _____ Date: _____</p> <p><b>Interpersonal Skills</b></p> <p>Speaks clearly, confidently, and with appropriate eye-contact with audience.</p> <p>Applies active listening skills using reflection, restatement, questioning, and clarification.</p> <p><b>Integrity</b></p> <p>Treats others honestly, fairly, and courteously (words required).</p> <p>Accepts responsibility for one’s decisions and actions.</p> <p><b>Professionalism</b></p> <p>Accepts feedback and attempts to learn from mistakes or misunderstandings.</p> <p>Demonstrates positive attitude toward work and others.</p> <p>Manages conflict respectfully while maintaining progress toward a goal.</p> <p><b>Lifelong Learning</b></p> <p>Seeks feedback and asks questions to strengthen own understanding.</p> <p>Uses newly learned knowledge and skills to complete specific tasks.</p>	<p><b>Process Analyst</b> Name _____ Date: _____</p> <p><b>Interpersonal Skills</b></p> <p>Speaks clearly, confidently, and with appropriate eye-contact with audience.</p> <p>Applies active listening skills using reflection, restatement, questioning, and clarification.</p> <p><b>Integrity</b></p> <p>Treats others honestly, fairly, and courteously (words required).</p> <p>Accepts responsibility for one’s decisions and actions.</p> <p><b>Professionalism</b></p> <p>Accepts feedback and attempts to learn from mistakes or misunderstandings.</p> <p>Demonstrates positive attitude toward work and others.</p> <p>Manages conflict respectfully while maintaining progress toward a goal.</p> <p><b>Lifelong Learning</b></p> <p>Seeks feedback and asks questions to strengthen own understanding.</p> <p>Uses newly learned knowledge and skills to complete specific tasks.</p>

