

Emma Sue Prince



7 skills for the future

Adaptability, Critical Thinking,
Empathy, Integrity, Optimism,
Being Proactive, Resilience

1 ADAPTABILITY

Being adaptable helps you to embrace change and respond to the unexpected with ease being ready for potential opportunities and handling setbacks with grace.

2 CRITICAL THINKING

Knowing how to think and work smarter, being more resourceful, creative and collaborative really gets you places. We've got amazing brains – get yours truly working for you.

3 EMPATHY

Never has empathy been so important. Nurturing all your relationships, understanding where other people are coming from and experiencing how effective it is to live in the present will have an immediate and tangible effect.

4 INTEGRITY

Trust, values, principles and honesty are valuable in a world of constant change. Integrity helps you to make decisions and set direction for your life as well as making you stand out.

5 OPTIMISM

Happiness is right at your fingertips every day. No matter what life throws at you, you can respond with positive action and achieve different outcomes as a result.

6 BEING PROACTIVE

Respond rather than react to whatever is going on around you. Be the captain of your own ship in life through small every day steps.

7 RESILIENCE

Know how to bounce back from disappointment, rejection and setbacks. Equip yourself with a strong support network and look after yourself. Resilience has never been so vital.

7 Skills for the Future

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