THE LEARNING COMPETENCIES FRAMEWORK

Cultivate the knowledge, skills and practices we need for whole-person, whole-school thriving.

**SELF-CARE**
Cultivating personal wellbeing by making sense of what it means to be human and developing how we think and therefore feel about ourselves and the world around us.

- **INNER COMPASS**
  Finding our sense of direction and purpose by seeing the bigger picture and being stretched in what we think and feel motivated to do.

- **SELF AWARENESS**
  Strengthening our ability to tune into thoughts and feelings, search for blind spots and to see ourselves clearly and authentically.

- **SELF COMPASSION**
  Nurturing a healthy relationship with ourselves through a willingness to be actively kind as we navigate our diverse human experiences.

- **AUTONOMY**
  Feeling valued as a person, embracing our strengths and weaknesses and having the confidence to make good choices.

- **EMOTIONAL INTELLIGENCE**
  Understanding and engaging with our emotions to navigate overwhelm and develop empathy and connection with others.

**PEOPLE-CARE**
Developing social wellbeing and global citizenship through the ability to practice empathy, bridge divides, be active in and feel valued by our communities.

- **SYSTEMS THINKING**
  Making sense of the complexities and interconnectedness of our world by exploring the big picture as the starting point for problem solving.

- **GLOBAL & CULTURAL AWARENESS**
  Forming deeper relationships with the wider world leading to a sense of belonging to our common humanity and global ecosystems.

- **EMPATHY & COMPASSION**
  Developing empathy and compassionate leadership skills to enable meaningful and collaborative relationships with others.

- **COLLABORATIVE PROBLEM SOLVING**
  Embracing the value of diverse stakeholders, facilitating genuine dialogue and meeting with a shared purpose to co-create confidently.

- **ACTIVE LISTENING**
  Engaging with diverse perspectives and making sense of wider ideas to enable more reflective and objective views and actions.

**EARTH-CARE**
Revitalising environmental wellbeing by seeing ourselves as part of nature and learning how to bring our lives back into balance with our natural living ecosystems.

- **APPRECIATING INTERDEPENDENCE**
  Learning how different systems connect and how we rely on and contribute to the health and wellbeing of all natural ecosystems.

- **CLIMATE CHANGE AWARENESS**
  Understanding the causes and effects of the climate crisis with the capacity to move towards positive climate actions.

- **RECONNECTING WITH NATURE**
  Learning to put aside the idea that humans are separate from nature, and see ourselves as part of our planet’s living systems.

- **RESILIENCE & AGENCY**
  Moving from anxiety to action with the knowledge, skills and positive growth mindsets to be a part of shaping a regenerative future.

- **REGENERATIVE PRACTICE**
  Contributing to planetary health by developing the capacity to consciously care for the ecosystems we depend on.