

DIGITAL READINESS COMPETENCES DICTIONARY

COMPETENCE 9



MENTAL ENDURANCE

resilience and the
ability to cope with
pressure and setbacks



INTERMEDIATE

KNOWLEDGE

- Describe the importance of being resilient and having the ability to cope with pressure and setbacks.
- List strategies to be able to cope with pressure in the workplace.

SKILLS

- Plan tasks ahead.
- Organise your own calendar to reconcile work and leisure.

COMPETENCES

- Assess when to ask for help.
- Create moments to relax and enjoy time with peers.
- Discover new ways to deal with setbacks at work.

LEVEL

ADVANCED

KNOWLEDGE

- Identify key benefits of being resilient and having the ability to cope with pressure and setbacks.
- Select strategies to be able to cope with pressure in the workplace based on own's personal needs.

SKILLS

- Compile minor tasks to delegate to other members of the team.
- Organise the team's work calendar to reconcile your own work and leisure.
- Design a team-building calendar of activities to relax and enjoy time with peers.

COMPETENCES

- Create moments for peers to talk about setbacks at work.
- Suggest new ways to deal with setbacks at work to peers.

Find out more: <https://women-get-ready.erasmus.site/>



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