

Comparative Core Competencies ~ Overview * Katarina Halm ©December 2022

FOCUSING: <https://thinkinginmovement.ca/focusing/>

Justice Institute of British Columbia (JIBC) guidelines

St George's School, Vancouver BC. Canada

International Feldenkrais Federation (IFF)® Competency

Profile: Attitudes and Values fundamental to Feldenkrais® practitioners

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Justice Institute of British Columbia (JIBC) guidelines #1 Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods

#2 Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

#3 Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

#4 Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning,

research and problem solving strategies.

#5 Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

#6 Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

#7 Interprofessional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

#8 Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.

St George's School, Vancouver BC. Canada Core Values

Empathy, Humility, Integrity, Respect, Responsibility, Resilience

#1 Empathy

is the ability to move beyond ourselves, to identify with others, to walk a mile in another's shoes.

#2 Humility

is the ability to be humble, not to be big-headed or

boastful, and to recognize that we all still have a lot to learn.

#3 Integrity

is an extension of honesty; it is doing the right thing even if no one is watching.

#4 Respect

is feeling regard and even admiration for yourself and for others; it is being thoughtful and considerate of others.

#5 Responsibility

is being accountable, doing our best to meet our commitments, and to keep our word.

#6 Resilience

is an extension of courage. *It is* the ability to recover quickly, and to not give up when beset by setbacks and disappointments.

International Feldenkrais Federation (IFF)®

**Competency Profile: Attitudes and Values
fundamental to Feldenkrais® practitioners**

#1 Respect the individuality of human beings

#2 Maintain the highest ethical and professional standards as stated in the national codes of conduct

#3 Transfer responsibility to clients for their own learning processes

#4 Offer the opportunity to explore actions (movement) in order to become self-determined

#5 Embrace experimental learning

#6 Initiate self exploration via movement

#7 Communicate clearly

- #8 Expand *one's own* perceptions, while exploring situations, actions and relationships
- #9 Avoid judgment
- # 10 Engage in ongoing self-reflection
- #11 Continuously acquire knowledge and improve *one's own* ability
- #12 Support the potential for creativity, authenticity, flexibility, curiosity, openness

REFERENCES

* Core Values St George's School, Vancouver BC. Canada, (numbering added by Katarina Halm) from <http://www.stgeorges.bc.ca/Page/EXPLORE/Mission-Vision-and-Values>*

* International Feldenkrais Federation (IFF) Competency Profile: Attitudes and Values fundamental to Feldenkrais practitioners e (numbering added by Katarina Halm) from http://www.feldenkrais.com/Files/download/resources/IFF_Comp_Profile_Workbook.pdf.*

* Justice Institute of British Columbia (JIBC) Core Competencies (numbering added by Katarina Halm): INCIDENT COMMAND SYSTEM LEVEL 100CMDI10 Second Edition October 2012, page 3 of the course outline. Emergency Management Division, School of Public Safety and Security, Justice Institute of British Columbia, New Westminster, BC, V3L 5T4 Website: www.jibc.ca/

emergency