TSC Category	Professional Practice and Development					
TSC	Resilience and Self-care					
TSC Description	Practise activities that enhance overall health and well-being to enable continued practice as a professional in the sector					
TSC Proficiency Description	**Level 1**	**Level 2**	**Level 3**	**Level 4**	**Level 5**	**Level 6**
		ECC-PPR-2012-1.1-1	ECC-PPR-3012-1.1	ECC-PPR-4012-1.1-1	ECC-PPR-5012-1.1	ECC-PPR-6012-1.1-1
		Apply self-care and stress management techniques to enhance one's well-being	Develop self-care plans to manage one's stress	Provide support to staff in managing their stress and emotions	Set policies and systems to help staff build resilience and overcome barriers to effective management of health and well-being	Establish systems and processes to build and sustain a culture of resilience and self-care across the Centres
Knowledge		• Principles of self-care • Stress management techniques • Concepts of personal effectiveness • Impact of exercise and proper nutrition on personal health and well-being	• Coping strategies for handling stressful situations • Emotional and practical support systems and resources within the organisation • Symptoms and indicators of stress from professional practice • Techniques for reframing negative experiences	• Self-care strategies, practices and techniques regarding boundaries and stress management • Coping strategies for handling long-term stress • Personal reflection and perspectives-taking techniques • Emotional and practical support systems, approaches and resources available within the organisation • Signs of burnout	• Range of emotional and practical support systems, approaches and resources within and outside of the organisation • Coaching techniques for stress management • Counselling techniques for stress management	• Strategies to develop a supportive culture in the centres • Strategies to build and sustain resilience and self-care in colleagues • Self-care frameworks

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Abilities		• Apply stress management techniques • Reflect on one's personal effectiveness and adjust one's behaviours and emotions in work activities • Identify undue emotional attachments or stress indicators during professional practice • Apply principles of self-care and undertake practical action steps to maintain health and well-being • Proactively seek additional consultation from peers or supervisors • Apply project and time management tools • Plan use of resources to be effective and achieve goals • Demonstrate resilience and the ability to recover from setbacks	• Identify individual strengths, weaknesses and vulnerabilities and recognise limitations in professional practice and competence • Assess overall health and well-being and identify personal and occupational risks and stress indicators • Exercise proactive self-care and consultations with peers or supervisors • Apply prescribed assessments and procedures to develop and review individual self-care plans • Apply coping strategies to reduce or regulate stress • Reframe negative experiences to reduce or regulate the level of stress	• Advise colleagues on the balance between self-care and work performance • Remain objective and professional in emotionally challenging situations • Advise staff in practising effective self-care • Model effective self-care practices • Monitor colleagues for signs of burnout	• Anticipate disruptions or identify recurring issues that affect the health and well-being of colleagues • Facilitate self-care activities to help colleagues build resilience and overcome barriers to effective management of health and well-being • Influence others in the organisation to practise effective self-care • Coach colleagues in managing their stress • Counsel colleagues who are in distress • Take appropriate actions to help colleagues avoid burnout • Implement holistic frameworks for self-care	• Develop holistic frameworks for self-care • Inculcate a supportive culture in the organisation for managing stress • Establish systems and processes to build and sustain resilience and self-care in colleagues across the centres

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