



teammeter



## 1 The Go-With-the-Flow Adaptability

Handle change and challenges with confidence.

### ✓ DO:

- Embrace change as a chance to learn.
- Stay flexible in your approach.
- Ask questions to understand change.

### ✗ DON'T:

- Resist new ideas.
- Resist changing old habits.
- Complain about change.

## 2 The Lifelong Learner Growth Mindset

Believe you can improve skills through effort and learning.

### ✓ DO:

- Seek feedback and learn from mistakes.
- Embrace challenges with enthusiasm
- Reflect regularly on progress.

### ✗ DON'T:

- Avoid challenges out of fear.
- Ignore feedback.
- Assume capabilities are set in stone.

## 3 The Empathy Radar Emotional Intelligence

Understand your own and others' emotions to build trust.

### ✓ DO:

- Listen with intent.
- Validate others' feelings.
- Ask open-ended questions.

### ✗ DON'T:

- Dismiss emotions.
- Minimize others' emotions.
- Interrupt or dominate conversations.

## 4 The Clear Talker Communication

Share ideas clearly to encourage open dialogue.

### ✓ DO:

- Use simple language.
- Check for understanding.
- Be concise and focused.

### ✗ DON'T:

- Overload with jargon.
- Expect others to know without clarification.
- Monopolize discussions.

## 5 The Easy to Work With Collaboration

Build trust through teamwork and accountability.

### ✓ DO:

- Be approachable.
- Share credit.
- Own your commitments.

### ✗ DON'T:

- Hoard information.
- Avoid teamwork.
- Dodge responsibility.

## 6 The Clock Whisperer Time Management

Balance productivity and well-being through smart time use.

### ✓ DO:

- Prioritize tasks.
- Set clear deadlines.
- Take breaks to maintain focus.

### ✗ DON'T:

- Multitask excessively.
- Procrastinate.
- Ignore urgent tasks.

## 7 The Problem Detective Problem-Solving

Find creative, practical solutions when obstacles arise.

### ✓ DO:

- Break down problems.
- Explore options.
- Ask for input when stuck.

### ✗ DON'T:

- Jump to conclusions.
- Ignore root causes.
- Fear taking risks.

## 8 The Innovator Creativity

Think outside the box to generate new ideas and approaches.

### ✓ DO:

- Explore different perspectives.
- Take calculated risks.
- Encourage experimentation.

### ✗ DON'T:

- Dismiss ideas quickly.
- Stick to tradition.
- Fear failure.

## 9 The Guide Leadership

Inspire and guide others toward shared goals with integrity.

### ✓ DO:

- Encourage input.
- Lead by example.
- Make tough decisions confidently.

### ✗ DON'T:

- Micromanage.
- Avoid responsibility.
- Ignore team feedback.

## 10 The Principle Keeper Integrity

Act honestly and morally, even when no one is watching.

### ✓ DO:

- Be transparent.
- Keep promises.
- Speak up for what's right.

### ✗ DON'T:

- Cut corners.
- Bend rules for convenience.
- Be dishonest or secretive.

## 11 The Self-Starter Proactivity

Take initiative to act before being asked or directed.

### ✓ DO:

- Look for ways to improve.
- Jump in early.
- Anticipate problems.

### ✗ DON'T:

- Wait passively.
- Respond only when problems occur.
- Rely on others to lead.

## 12 The Bounce-Backer Resilience

Recover quickly from setbacks and stress.

### ✓ DO:

- Stay positive.
- Learn from challenges.
- Seek support when needed.

### ✗ DON'T:

- Get stuck in negativity.
- Give up easily.
- Blame others for setbacks.



# Soft Skills archetypes for real-world growth



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