

CORE HUMAN COMPETENCE

P E R C E I V E D E C I D E A C T

Building Resilience Networks Workshop

Pre-Workshop Information Sheet

Participant Name:

Date Submitted:

Contact Email:

Contact Phone:

Instructions

This worksheet helps us prepare a customized workshop experience that addresses your actual leadership challenges. Please complete all sections thoughtfully and submit at least 3 days before the workshop date.

Your responses will:

- Guide workshop exercises and scenarios
- Help identify complementary competencies among participants
- Enable practical application of concepts to your real-world situations
- Allow facilitators to prepare relevant examples and solutions

Confidentiality: Your responses will be shared with the workshop facilitator and may be referenced (anonymously if preferred) during workshop exercises. Please indicate below if you require any information to remain confidential.

All information may be shared openly during the workshop

Please keep the following information confidential:

SECTION 1: Your Group's Vision & Mission

Context: Think about the primary group, team, or community you currently lead or participate in. This might be a neighborhood association, professional team, family network, community organization, volunteer group, or any other collective you're actively involved with.

What group are you focused on for this workshop?

Group/Organization Name:

Your Role: _____

Group Size (approximate): _____ members/participants

How long have you been involved with this group?

What is your vision for this group?

Describe what you want this group to become or accomplish. What does success look like? What impact do you want this group to have?

What is your mission for leading or participating in this group?

What specific role do you play in moving the group toward this vision? What value do you provide? Why are you invested in this group's success?

SECTION 2: Your Personal Competencies & Strengths

Context: *In competence-based communities, each person's skills, knowledge, and resources become assets for the entire network. Understanding what you bring to the table helps identify strategic alliances and leadership opportunities.*

Professional/Technical Competencies

Check all that apply and provide brief details:

Medical/Healthcare:

Technical/Engineering:

Financial/Economic:

Legal:

Security/Protection:

Communication/Media:

Construction/Trades:

Agriculture/Food Production:

Education/Training:

Project Management:

Technology/IT:

Other:

Soft Skills & Leadership Competencies

Check your strongest areas:

- Conflict Resolution & De-escalation
- Strategic Planning & Long-term Thinking
- Crisis Management & Rapid Decision-Making
- Communication & Tactical Tact
- Coordination & Logistics
- Teaching & Knowledge Transfer
- Relationship Building & Alliance Formation
- Resource Management & Optimization
- Problem Analysis & Solution Development
- Emotional Regulation Under Pressure

Resource Access

What resources, equipment, or connections do you have access to that could benefit a network?

Tools/Equipment:

Space/Property:

Transportation:

Professional Networks:

Specialized Knowledge:

Communication Equipment:

Financial Resources:

Other:

Your Top 3 Competencies for This Workshop

From everything above, identify the THREE competencies you bring that would be most valuable to a resilience network. Be specific about your level of expertise and practical experience.

1. PRIMARY COMPETENCY:

Competency:

Experience Level: Beginner Intermediate Advanced Expert

Brief Description:

2. SECONDARY COMPETENCY:

Competency:

Experience Level: Beginner Intermediate Advanced Expert

Brief Description:

3. TERTIARY COMPETENCY:

Competency:

Experience Level: Beginner Intermediate Advanced Expert

Brief Description:

SECTION 3: Current Challenges & Problems

Context: Identify specific, concrete challenges your group faces. These will form the basis for workshop exercises and practical application. The more specific you are, the more useful the workshop will be.

CHALLENGE #1

Brief Description: (What is the problem?)

Who is affected? Entire group Specific members Leadership Other:

How long has this been a problem? Recent (weeks) Ongoing (months) Chronic (years)

What category best describes this challenge?

- Communication breakdown
- Leadership gaps or conflicts
- Resource allocation disputes
- Lack of coordination
- Trust or relationship issues
- Security or safety concerns
- Decision-making paralysis
- Competency gaps (missing expertise)
- Growth or scaling challenges
- External threats or pressures
- Other:

What have you tried so far to address this?

Why hasn't it worked?

What would a successful resolution look like?

CHALLENGE #2

Brief Description: (What is the problem?)

Who is affected? Entire group Specific members Leadership Other:

How long has this been a problem? Recent (weeks) Ongoing (months) Chronic (years)

What category best describes this challenge?

- Communication breakdown
- Leadership gaps or conflicts
- Resource allocation disputes
- Lack of coordination
- Trust or relationship issues
- Security or safety concerns
- Decision-making paralysis
- Competency gaps (missing expertise)
- Growth or scaling challenges
- External threats or pressures
- Other:

What have you tried so far to address this?

Why hasn't it worked?

What would a successful resolution look like?

CHALLENGE #3

Brief Description: (What is the problem?)

Who is affected? Entire group Specific members Leadership Other:

How long has this been a problem? Recent (weeks) Ongoing (months) Chronic (years)

What category best describes this challenge?

- Communication breakdown
- Leadership gaps or conflicts
- Resource allocation disputes
- Lack of coordination
- Trust or relationship issues
- Security or safety concerns
- Decision-making paralysis
- Competency gaps (missing expertise)
- Growth or scaling challenges
- External threats or pressures
- Other:

What have you tried so far to address this?

Why hasn't it worked?

What would a successful resolution look like?

SECTION 4: Workshop Goals & Expectations

What do you hope to gain from this workshop?

Check all that apply:

- Practical strategies for building strategic alliances
 - Leadership skills I can apply without formal authority
 - Better understanding of group dynamics and decision-making
 - Communication tools for difficult conversations
 - Systems for managing community resources
 - Network-building skills and connections
 - Crisis coordination capabilities
 - Specific solutions to the challenges I've identified above
 - Other:
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What would make this workshop a success for you personally?

Is there anything else the workshop facilitator should know?

Include any special circumstances, constraints, or context that would help us customize the workshop experience for you.

Submission Instructions

Submit this completed worksheet to: stayaware@corehumancompetence.com

Submission Deadline: At least 3 days before workshop date

Questions? Contact: Luke or Moritz

For Facilitator Use Only

Received: _____ **Reviewed:** _____ **Notes:**

Identified Competency Matches:

Workshop Role Assignments:

Scenario Integration:

Thank you for taking the time to complete this worksheet. The worksheet is optional and we have examples to use. We collect this information as where we want to integrate your specific scenarios if possible. Your responses help create a practical workshop experience that addresses your real-world leadership challenges.

Core Human Competence Workshop Series

Building Resilience Through Competence-Based Networks