

The “HERO” model

HOPE-EFICACY-RESILIENCE-OPTIMISM

HOPE

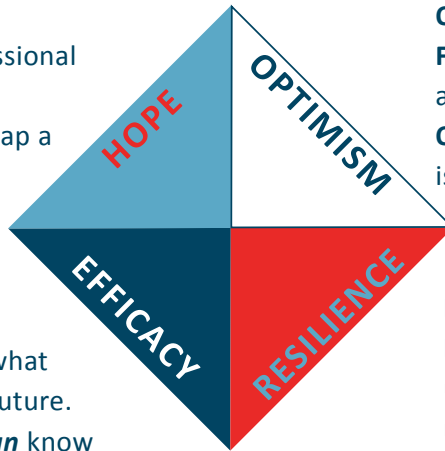
Focus – Align your personal and professional goals to find a meaningful career.

Outcome – You believe that you can map a self-directed future.

EFFICACY

Focus – Articulate a coherent story of what you stand for to give meaning to your future.

Outcome – You believe in what you *can* know and what you *will* do.



OPTIMISM

Focus – Discover your learning mindset and calibrate this to be fit for purpose.

Outcome – You believe that your best self is meant to be.

RESILIENCE

Focus – Set realistic expectations and understand how to bounce back from mistakes.

Outcome – You believe that you are change-ready and any mistakes help you to grow.