

Guide: 10 principles to work better together



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1. Build Emotional Resilience & Adaptability

Focus on adapting, recovering, and growing through life challenges rather than simply resisting pressure.



2. Practice Emotional Self-Regulation

Manage impulses and emotional responses to stay balanced and make constructive decisions under stress.



3. Protect Your Digital Privacy & Reputation

Manage account privacy settings and engage online thoughtfully to protect long-term personal security.



4. Communicate Authentically & Responsibly

Post intentionally and avoid harmful behaviors such as cyberbullying or impulsive online reactions.



5. Network Strategically on Social Media

Showcase personal skills and creative projects online to connect with mentors and career opportunities.



6. Organize a Personalized Learning Environment

Combine simple digital productivity tools to turn goals into structured, actionable daily routines.



7. Collaborate for Collective Support

Co-create documents, exchange feedback, and share responsibilities with peers to transform individual effort into teamwork.



8. Ensure Inclusive Digital Accessibility

Adapt learning formats to match individual capabilities, ensuring content is usable and meaningful for everyone.



9. Use AI as a Learning Scaffold

Leverage AI tools to simplify complex tasks and spark ideas without replacing critical thinking.



10. Master Core Employability Soft Skills

Develop clear communication, teamwork, and problem-solving skills to successfully achieve shared goals.