

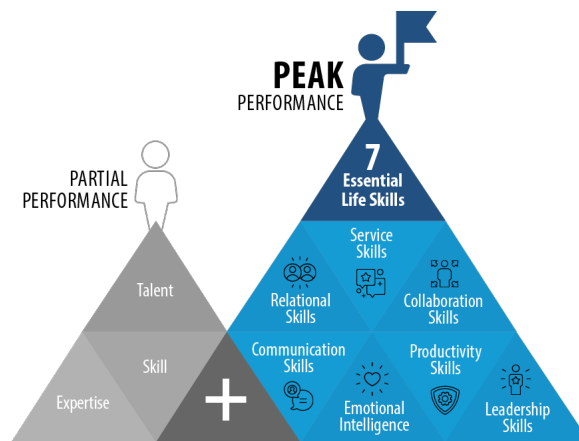
# Essential Life Skills

## The Big 7

Accelerating Excellence with Del Gilbert  
Podcast Episode #59- Resource Guide

Talent, Skill, and Expertise alone is **Partial Performance**.

Talent, Skill, and Expertise *combined* with the 7 Essential Life Skills leads to **Peak Performance**.



### EMOTIONAL INTELLIGENCE

The development of self-awareness, confidence, optimism, resilience, and adaptability.

### COMMUNICATION SKILLS

The ability to persuade, explain, and teach in a clear, confident manner and to actively listen.

### PRODUCTIVITY SKILLS

The ability to set goals, overcome distractions and procrastination, and execute on your highest priorities to deliver superior results.

### LEADERSHIP SKILLS

The ability to cast a vision, generate enthusiasm, deliver feedback, and build a sense of teamwork.

### RELATIONAL SKILLS

The ability to connect with others and create a sense of likeability and trust.

### COLLABORATION SKILLS

The ability to work well with in a team, adapt to differently personality styles, and constructively handle conflict.

### SERVICE SKILLS

The ability to create value, solve problems, improve lives, and delight your customers.