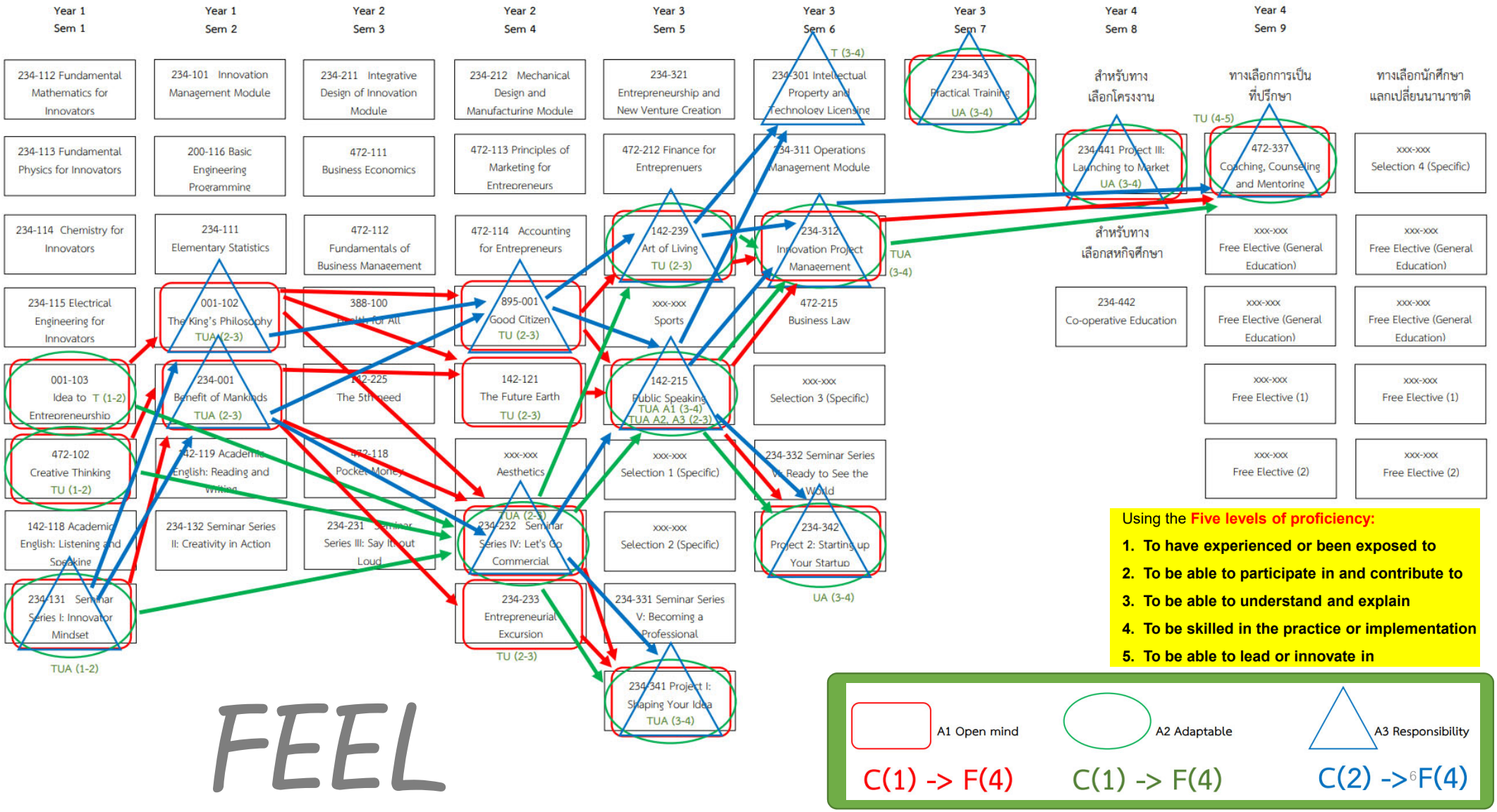

FEEL

Using the **Five levels of proficiency:**

1. **To have experienced or been exposed to**
2. **To be able to participate in and contribute to**
3. **To be able to understand and explain**
4. **To be skilled in the practice or implementation**
5. **To be able to lead or innovate in**