

# Adaptability and Allied Skills



For Intermediate Level



100 Minutes



## Learning Objectives

- + Evaluate one's own adaptability quotient
- + Develop strategies based on an adaptable and allied mindset
- + Embrace ways to develop adaptability using relevant tools and tips



## Learning Tools

- + Facilitator driven discussions
- + Individual reflections
- + Group exercises
- + Self - assessment
- + Adaptability interviews
- + Tips and tools



## Your Takeaways

- + Enhance your adaptability quotient
- + Build and leverage on adaptable strategies and tools
- + Develop an individual development plan for developing adaptability skills

## Learning Modules

- + Meaning and importance of adaptability
- + Anatomy of an adaptable person
- + Allied adaptability skills
- + The impact of attitude on adaptability
- + Ways to develop adaptability
- + Techniques to overcome personal resistance to potential change
- + Help others adapt and learn