



How adaptable am I?

For each description, check the column that is most like you.

	Almost always; this is easy for me	Most of the time; but it can be stressful	Sometimes; I often find this difficult	I'm not sure
I adapt to change quickly				
I am willing to learn new skills and procedures				
I am open to new ideas				
I look for ways to make changes work, rather than focusing on why they won't				
I stay calm and look for solutions when problems arise				



Let's talk about it

- Which of these features of adaptability comes most easily to you?
- Which one is most challenging?

A place for your notes:



Activity

Confidence power pose activity

Did you know that our body language can actually make us feel more or less confident?

Try this experiment:



Sit up straight or stand up tall. Put your hands on your hips and plant your feet about two feet apart. Lift your head. Lift your chest and pull your shoulders back (comfortably). Hold this position for two minutes.

How did that feel?

Sitting or standing tall, open and relaxed shows confidence, but also makes us feel more confident

A place for your notes:



Adapting at work

Adaptability skills can help us find creative ways to solve work problems.

Imagine you are driving to work and the road you usually take is closed for construction.

You pull over and think about what to do. How could you solve this problem?

- If you have a phone, you can call your work to let them know that you will be late
- You can use a map to find another way to drive

Activity Imagine that you're in the work situations below. How would you adapt to solve each problem?



Situation	Solution
The internet isn't working at the coffee shop where you work. Without the internet, you can't take debit or credit card orders.	
A customer isn't at home when you come to fix their sink. You call them, but they don't answer their phone, either.	
A customer comes to your store to buy something. But they don't speak any English, and you don't speak their language.	
You need to finish a report by the end of the day, but your computer suddenly stops working.	

Survey

- 1. Choose the number of stars that represent how much you agree. 5 stars means you definitely agree. 1 star means you don't agree at all.**

I know ways to be adaptable at work.

☆	☆	☆	☆	☆
☐	☐	☐	☐	☐

I feel confident that I can be adaptable at work.

☆	☆	☆	☆	☆
☐	☐	☐	☐	☐

This workshop taught me new strategies that I can use to adapt to change.

☆	☆	☆	☆	☆
☐	☐	☐	☐	☐

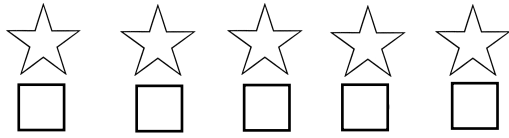
Because of this workshop I have a plan to work on being adaptable at work.

☆	☆	☆	☆	☆
☐	☐	☐	☐	☐

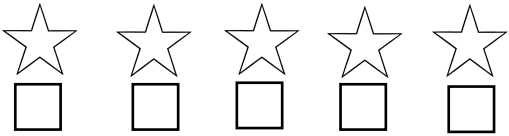
Because of this workshop I know where I can learn more about how to be adaptable and deal with change.

☆	☆	☆	☆	☆
☐	☐	☐	☐	☐

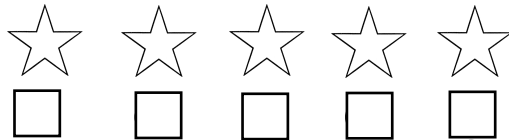
Because of this workshop I feel more confident that I can be adaptable at work.



This workshop taught me that people shouldn't be embarrassed or ashamed if they struggle with being adaptable.



I believe that I will be more adaptable because of what I learned in this workshop.



2. Are you aware of the different soft skills that can help you succeed at work?

Yes ☐ No ☐ Maybe ☐ Don't know ☐

3. What are the top three most important and useful things that you learned about adaptability?

4. What could be improved about this workshop?