

Adaptability - Level 2



a·dapt·a·bil·i·ty

/əˌdaptəˈbɪlədē/

noun

the quality of being able to adjust to new conditions.

"adaptability is an advantage in the harshly competitive global economy"

- the capacity to be modified for a new use or purpose.
"the formal beauty and adaptability of plastic"

Read:

6 Important Workplace Adaptability Skills

<https://www.indeed.com/career-advice/career-development/adaptability-skills>

Watch:

3 Ways to Measure Your Adaptability and How to Improve It

Natalie Fratto

https://www.ted.com/talks/natalie_fratto_3_ways_to_measure_your_adaptability_and_how_to_improve_it?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

Adaptability – General Description

Being adaptable to new and changing situations can be difficult as it involves challenging our preconceived ideas about how we think things should be done. We are naturally attracted to order and stability because it makes our world more predictable. However, learning is inherently about change – new insight, new skills, and new knowledge. Being able to adapt to changing situations is a great asset, but one that requires being self-reflective along with a willingness to challenge your preconceived thoughts, feelings, and actions. Below are a few activities to help you gain a greater understanding of your own adaptability. Remember that making changes in your life should be directed by you, and it is your own will and action that can assist you in making positive changes in life and learning.

Different ways of Understanding the Same Situation

One thing that can have a positive effect on adaptability is a capacity to understand things from more than just our own perspective. At the beginning of our life we remain fixed in our own perspective of the world and, hopefully, as we get older we can begin to see that not everyone sees things the way we do. Your perspective is formed by your experiences and is often self-serving and

Adapted from

<http://swinburne.edu.au/app/careers-mylead/questionnaire/downloads/Adaptability%20-%20Self%20Help%20Guide.pdf>

seeks to uphold your sense of who you are. However, seeing things from the perspective of another that differs from your own, can open us to new ways of understanding and doing things. A broader appreciation for different ways of seeing the same thing can help us to learn, grow, and adapt. Please complete the following exercises about perspectives.

Moving Out of Your 'Comfort Zone'

Your comfort zone represents a space in which you feel comfortable and not challenged; a place in which you find the least amount of resistance. This may be an actual space like at home, but also relates to specific situations. For example, if you know the answer to a question in class but choose not to put your hand up, this might indicate that you are staying in your comfort zone, whereas standing up and speaking in front of people might represent being out of your comfort zone. Embracing change, challenging yourself, and moving beyond your comfort zone is an important aspect of change, and one that has significant bearing on growth and development. The more you push yourself, the more you grow and develop.

Ready for a change? Let these talks help you move out of your comfort zone and embrace the beauty of sharing who you are with the world.

Additional Videos:

[https://www.ted.com/playlists/362/for those who want to break ou](https://www.ted.com/playlists/362/for_those_who_want_to_break_ou)