

Being Adaptive in Order to Thrive in Our Ever-Changing World



Stay Ahead of Performance, Productivity and Health Issues

COMPSYCH[®]
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Today's Objectives

By the end of this workshop, you will be able to:

1. Identify what it means to be “adaptive”
2. Recognize the benefits of being adaptive in work and life
3. Examine traits of highly adaptive people
4. Outline action steps to improve your adaptive skills

What Do These Mean?

Agile

- being able to move quickly and easily

Adaptable

- can be easily changed *by someone or something* to accommodate

Adaptive

- something that is consistently able to *change itself*, to accommodate and maximize the benefits

Thrive

- Grow or develop well in order to prosper or flourish

HOW ADAPTIVE ARE YOU?

IN WHICH AREAS OF YOUR LIFE DO YOU WANT
TO BE MORE ADAPTIVE?

WHY?

Benefits of Being Adaptive

- Accept **new ideas**
- Function **outside** of your **comfort zone**
- Increased life **satisfaction**
- **Acclimate** to unfamiliar cultural or business settings
- **Mental stability** during stressful, unexpected challenges

5 Ways to Build an Adaptive Mindset

Get unattached

Know yourself

Stay curious

Think ahead

**Practice
spontaneity**

Circle of Control

THINGS OUTSIDE MY CONTROL

- What other people do, say, or feel
- Company policies & processes
- Travel restrictions
- Health of others
- The past ways of doing things



Your Turn!

WHAT ARE YOU ATTACHED TO THAT MAKES IT
DIFFICULT TO BE ADAPTIVE?

WHAT IS 1 THING IN YOUR CONTROL?

WHAT IS 1 THING OUT OF YOUR CONTROL?

#2: Know Yourself

- **Listen to your self talk during times of change:**
Are you talking to yourself as a helpless victim or with a view of opportunity and growth?

- **Understand your reaction to change:**
Get clear how you show up during times of change

WHAT ARE YOUR REACTIONS TO CHANGE?

EMOTIONALLY
COGNITIVELY
BEHAVIORALLY
PHYSICALLY

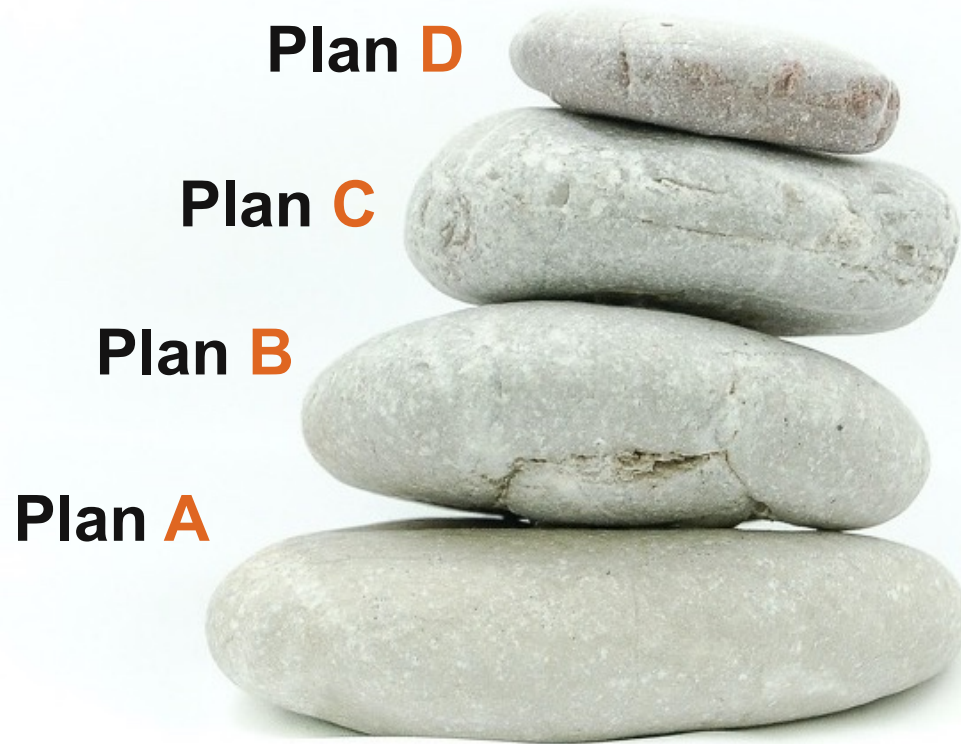
Transition Process



#3: Stay Curious

- **Learn:** take new educational courses or personal development workshops
- **Read:** find memoirs about how others faced change and tap into their skills and mindsets
- **Ask:** formulate questions and be present
- **Seek a mentor:** find a person who can push you and guide you to think and behave in different ways

#4: Think Ahead



#5: Practice



I don't run away from challenge because I am afraid. Instead, I run toward it because the only way to escape fear is to trample it beneath your feet.

-Nadia Comaneci, Romanian gymnast

Get Out of Your Comfort Zone

- **Immerse yourself in new environments and situations:** join new activities, meet new people, and try new things on a regular basis
- **Expect fear:** be willing and honest to make room for feelings
- **Acknowledge that “failure” may be a result:** focus on the failure of the task, not yourself
- **Be spontaneous:** say YES to something that’s impromptu

Your Turn!

WHAT IS SOMETHING YOU CAN DO TO GET OUT OF
YOUR COMFORT ZONE IN THE NEXT 24 HOURS?

IN THE NEXT WEEK?

IN THE NEXT MONTH?

This Will Be a Journey...

...one that you took the first step of today!

To Keep Learning or Seek Support...

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