Being Adaptive in Order to Thrive in Our Ever-Changing World
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
Your Turn!

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

THINGS WITHIN MY CONTROL

 Amount of effort I put in
 My decisions
 My words and actions
 Trying new things
 How I care for my family
 My professional development

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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
Your Turn!

WHAT ARE YOUR REACTIONS TO CHANGE?

EMOTIONALLY
COGNITIVELY
BEHAVIORALLY
PHYSICALLY
Transition Process

- The Ending
- The Neutral Zone
- The New Beginning
#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

Plan A

Plan B

Plan C

Plan D
#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!
Your single source for confidential support, expert information and valuable resources, when you need it the most.

Or call Guidance Resources at 844-824-3273

Available 24 hours a day, 7 days a week

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