

ADAPTABILITY

Flourish through change and adversity

◆ ABOUT THE COURSE

Businesses and their people need to adapt to succeed. In fact, 'adaptability' is one of the top six qualities employers now look for in employees (Reed & Stoltz). But change can be hard, and life has never changed as much or as rapidly as it does now.

To succeed, we need new ways of thinking to seize opportunities and embrace challenges. In this session, we will show you how to do just that, centering on the important quality of resilience and how you can build it in yourself.

◆ SESSION AGENDA

- 01 Understanding Resilience**
Explore what resilience is and how your mindset shapes the way you respond to challenges.
- 02 Responding to Setbacks**
Develop a healthier approach to uncertainty, change and situations outside your control.
- 03 Managing Emotions**
Recognise how thoughts, emotions and behaviours influence one another under pressure.
- 04 Shifting Perspective**
Learn how to reframe challenges and develop a more constructive way of thinking.
- 05 Staying Present**
Build the ability to stay calm, focused and effective during stressful situations.

◆ INTERACTIVE EXERCISES

Fixed vs Growth Mindset

Explore the difference and define your own resilience.

Mind Sponge & Sieve

Identify what you are absorbing and filtering to regulate emotions.

Rewarding Questions

Practise reframing negative questions into constructive ones.

54321 Focus Exercise

Ground yourself in the present using your five senses.

◆ LEARNING OUTCOMES

- ◆ Improve your acceptance of change as a natural part of the work environment.
- ◆ Develop a resilient mindset that embraces change as an opportunity for growth.
- ◆ Gain access to a practical toolkit of change and stress management techniques.

FACILITATED SESSION

This is a facilitated, discussion-led workshop rather than a lecture. Your coach guides the group through practical exercises, encourages open discussion, and creates an engaging environment where participants can share experiences, challenge their thinking and learn from one another.