

Adaptability: The Key for Mastering Change

Learning Objectives

- Identify Your Organization's Culture to Understand the Challenges
- Discover Adaptability Within the Elements of Emotional Intelligence
- Recognize the Difference Between a Growth and a Fixed Mindset
- Apply a Socio-Emotional Brain-Based Model for Professional Transformation and Lasting Behavioral Change
- Predict Outcomes with Existing Knowledge to Expand Options for Response
- Expand Your Safe Zone and Communicate Your Needs as Well as Your Willingness to Adapt

Acknowledge the Interplay of Change, Adaptability, and Organizational Culture

- Describe the Culture of the Organization
- Review Change Practices Within that Organizational Structure
- Detail Pertinent Approaches to Change, Transformation, and Adaptability
- Predict Outcomes and Expand Options for Change

Discover and Access Brain-Based Adaptability

- Describe How Emotions Are Brain-Based
- Apply Emotional Self-Awareness to the Development of Resilience and Adaptability
- Detail the Interdependencies Between Emotion, Self-Talk, and Physical Response
- Address Paradigms, Perceptions, and Self-Inflicted Stress
- Discover the Formation of Habits and How to Rewire the Brain to New Behaviors

Plan Adaptability and Communication

- Discover Communication Style Preferences
- Apply Active and Reflective Listening
- Communicate Your Needs and Challenges with Tact and Clarity

Transform, Transition, and Act

- Create a Personal/Professional Adaptability Plan
- Create a Team-Based Adaptability Plan
- Action Plan for Future Implementation of Adaptability Skills