

Amp Up Your Adaptability

Adaptability has been identified as one of the most critical employability skills of the future — but it's not only necessary at work. As the pace and magnitude of change continue to accelerate, we don't have a choice of whether to adapt or not. But do we think of adaptability as a skill that can be learned? Or even enjoyed? Here are six pieces of good news about adaptability.

“The slowest pace of change you will ever experience for the rest of your life is happening right now.”

Dan Gilbert
The Adaptation Advantage
(McGowan & Shipley 2020)

Six pieces of adaptability good news

1. Adaptability is needed and relevant.
2. Adaptability is a source of sustainable energy.
3. It is both an individual and collective quality.
4. We can measure it.
5. We can learn it.
6. There are lots of ways to get better at it.

Want to learn more?

I am honoured to be one of the first global practitioners certified as a Level 2 Professional Coach using the [AQai](#) Adaptability Quotient tool. [Contact me](#) to learn more or to inquire about an Adaptability Quotient Assessment.

