



ADAPTABILITY - *the quality of being able to adjust suitably to new conditions, environment, or circumstances. (transform, adjust, reshape, versatility, cognitive flexibility).*

In crisis, people often (incorrectly) think of grit and toughness as necessary qualities to survive. Adaptability, in contrast, presupposes flexibility, fluidity, openness, and receptivity even in times of suffering.

QUESTIONS TO ASK

- Why is this your priority?
- What about this resonates with you?
- Describe qualities of adaptability.
- What does it mean to be adaptable during crisis or times of hardship?
- When you look back on this time five years from now, how will you know you embodied adaptability?
- How can adaptability guide your decision-making?
- Who or what does this priority serve and how does it help?
- Imagine yourself in a situation where you are being adaptable. What does that feel/sound/look like?

INDIVIDUAL CONSIDERATIONS

Adaptability reminds us not to be tied to a specific outcome, but to be imaginative and flexible in our thinking, no matter how things turn out. Adaptable people understand that change is inevitable and the future is unwritten

LEADERSHIP CONSIDERATIONS

Adaptable leaders identify multiple strategic alternatives in crisis and focus on optionality and nimbleness over quick decision-making. Adaptable leaders listen for wisdom throughout their organization and don't get tied to one path or one outcome.

EXPLORING ADAPTABILITY

Write down when you feel rigid or stuck. List ways to adapt.

Use "adaptability" as a mantra while you workout, do dishes, in the shower.

Crisis involves change. What does it feel like to adapt to change?