

Key Points: Resilience & Adaptability

Adaptability

Values & benefits

- Core values of being more (effective) adaptable.
 - **Humility** – Understanding that other people have different views and different perceptions on things. The ability to appreciate that people see things in a different way to ourselves.
 - **Curiosity** – To genuinely want to understand varying perspectives on things and make an effort to listen to those different perspectives.
 - **Valuing** (Tolerance) – Valuing the differences of those around us underpins the two above and is essential to us being adaptable.

Professional performance and personal wellbeing

- Professional performance & personal wellbeing are one of the same, or at least interdependent of each other and inextricably linked.
 - More in our consciousness than ever before.
 - We need to be able to look after ourselves to be able to look after other people in the most effective way we can.
 - Eliminating procrastination can be good for our personal wellbeing.

The science of adaptability (5 benefits)

1. **Relationships** – recognising the differences in others, differing views and showing curiosity will help us to build better relationships.
2. **Personal Performance** – if we become stuck in our personal views about how we do something we start to limit our performance.
3. **Mental Health** – recognise that we need to be adaptable to maintain our own wellbeing.
4. **Transitions** – understanding why people fear change can help us to manage transitions more effectively.
5. **Leadership** – recognise the varying perspectives and opinions of those in your team.