

Skills Sprint Day 4

How to lead your own learning with adaptability

Learn Like
a Lobster
Squiggly Careers
Skills Sprint

Lobsters don't wait for the perfect conditions to grow; they use what's already available to fuel their growth.

In a squiggly career, we need to do the same. We need to create opportunities for learning so our development isn't dependent on other people or places.

Start with adaptability

Adaptability helps us to lead our own learning even when the conditions aren't perfect (time, investment, or confidence).

Rather than letting your situation stall your development, adaptability means we can always find another way.

Use AI to adapt in advance



Plan for the scenarios that might get in the way of your learning, and decide what you'll do instead. Copy and paste this prompt into an AI tool to explore your learning goal, and the barriers you might face:

Act as a squiggly career coach. My role is: [your role]. I work in: [describe your organisation and context]. My learning goal for the next 3 months is: [what you want to learn]. Identify realistic barriers that might get in the way of this learning. For each barrier, suggest adaptive responses I could use to keep learning anyway. Present the output in a simple table.

Talk together as a team



Adaptability works brilliantly in teams too. Try sharing learning goals with each other, spot what might get in the way and talk about how you could help each other to adapt and stay on track. It makes learning visible and gives people support and accountability.

24 hour action

Use the AI scenario planning prompt then identify the adaptive response you want to focus on first.