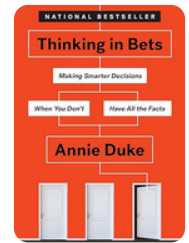


No regret skills: How to get better at adaptability

Adaptability is the skill of changing how you think or act when things change. It helps you keep making progress when plans change, pressure increases or you don't have all the answers.

Research by Pulakos, Arad, Donovan and Plamondon identifies eight dimensions that show what adaptability can look like in practice.



Deeper Dive

Eight dimensions of adaptability

Crisis / Emergencies - Quick, decisive action under sudden pressure

Work Stress - Staying composed and effective under pressure

Creative Problem-Solving - Generating new solutions to new problems

Dealing with Uncertainty - Functioning well without complete information

Learning New Tasks / Tech - Quickly mastering new content or methods

Interpersonal - Flexing style and message for different people

Cultural - Adjusting your approach to fit cultural norms

Physical - Adjusting to new physical demands or settings

Ideas for action

Spot your adaptable best

Which of these dimensions is you at your adaptable best?

Think of a time when you did this well. What did you think or do that helped you adapt?

Find your even better if

Which dimension feels less natural for you?

Think about who you know who is good at it and what you could borrow from their approach.

Coach yourself

Where could being more adaptable help me most right now?

