

The topic for this month is “Adaptability”



Adaptability is a quality of being able to adjust to new conditions. A student with the qualities of adaptability and flexibility will be able to acclimate to new situations and challenges. They will have the ability to change to fit any new circumstances that they may encounter.

Adaptability is also the ability that the individual deals with or accommodates natural and social environment effectively, including the ability to live independently, to manage his own life and meet the cultural requirement.

Adaptability Skills: Adaptability as a skill refers to the ability of a person to change his actions, course or approach to doing things in order to suit a new situation.





Here are some of tips to help Improve this skill:

- **Observe and Monitor Changes:** You will not see the need for a change until you notice changes in your environment. Adaptability must not only be easy but timely as well. Always make a conscious effort to monitor trends, values, attitudes etc.
- **Willingness to Learn:** Observation alone is not enough. If the result of your observations suggests you need to learn something new, do not hesitate to do so.
- **Avoid Procrastination:** Don't just be willing to learn. Take the necessary course of action. Remember that adaptations are more effective when the action is taken earlier.
- **Acknowledge the Change:** Though it is difficult to let go of some essential things, you should know it is people who matter and accept the fact that changes are bound to occur.

The great thing about being adaptable is that it gets easier with practice. You can look for opportunities in your daily life to practice a few of these common skills to help you build adaptability:

- ❖ **Being Open-Minded:** Different life experiences can help you look at situations from different perspectives. Open-minded interaction in college prepares students to have more constructive conversations about sensitive issues after they graduate.
- ❖ **Asking for Help:** Speaking to a friend, family members and professionals can help you make sense of things and adapt to changes easily.
- ❖ **Measuring the Pros and Cons:** Always be prepared and learn from your prior experience, which will help you move forward and be more challenged.



Advantages of being Adaptable at Work:

- **Embrace Challenges Better:** Being adaptable means working without boundaries, and being open to finding diverse and unexpected solutions to problems and challenges in the workplace.
- **Become a Better Leader:** Great leaders know that change is inevitable, and they don't shy away from it. They also remain positive in the face of adversity, keeping their teams and employees focused and motivated through tough or dull times.
- **Always Be Relevant:** People who are willing to change, or shake up conventional ways of doing things will remain relevant throughout their working lives because they're comfortable experimenting.

"Adaptability isn't just about managing your own stress. It's also about using the space you gain to help benefit those around you".

Resources:

1. [Article on The Benefits of Being Adaptable](#)
2. [Article on How to Demonstrate Adaptability on the Job](#)
3. [Article on Importance of Adaptability and Flexibility](#)
4. [Ted Talk on How Adaptability Will Help You Deal with Change](#)
5. [Ted Talk on How Adaptability Creates Opportunities](#)

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