

Adaptability

Your ability to achieve or adjust goals and behaviours when expected or unexpected change occurs, by planning, staying focused, persisting, and overcoming setbacks. For example, at work we use this skill to change our work plans to meet new deadlines, to learn how to work with new tools, and to improve our skills through feedback.

VERBAL

From USUALLY to ALMOST ALWAYS up to ALWAYS

- Speaks calmly in stressful situations
- Encourages others to adapt
- Expresses positivity

From RARELY to SOMETIMES up to USUALLY

- Speaking is flustered and anxious
- Focused only on themselves
- Struggles to express positive constructive options

From NEVER to RARELY

- Speaks aggressively or swears when faced with change or stress
- Discourages others from adapting
- Expresses negative, unhelpful thought

PHYSICAL

From USUALLY to ALMOST ALWAYS up to ALWAYS

- Sets and adjusts goals appropriately
- Demonstrates discipline and responsibility by staying on task in the face of distractions; managing time during changing circumstances; adapting and completing tasks/goal as circumstances change
- Anticipates, understands, and prepares for change by applying planning techniques and prioritizing
- Keeps trying in the face of change by persisting when appropriate and adjusting priorities/plans appropriately
- Learns from mistakes
- Seek ways to be more adaptable

From RARELY to SOMETIMES up to USUALLY

- Time management varies based on task, circumstances
- Struggles to make reasonable adjustments to tasks, goals, timelines, etc.
- Prepares for change only if told to
- Shuts down if makes a mistake
- Tries to improve skills but with little success
- Struggles to manage stress/does not seek help
- Struggles to manage emotions in stressful situations
- Stays calm with support
- Focuses only on their own adapting

From NEVER to RARELY

- Drops tasks if distracted or circumstances change
- Does not work well unsupervised
- Shows bad time management skills (late or incomplete work, inability to prioritize)
- Refuses to adjust to changing circumstances or ignores them
- Ignores failure or refuses to accept responsibility
- Refuses to improve skills
- Expresses stress with aggression, sulking, emotional outbursts or personal harm
- Obstructs others from adapting