

ADAPTING TO CONSTANT CHANGE

In today's VUCA world, it's not just leaders that need to navigate constant change and uncertainty in order to drive organizational success. All employees have leadership moments every day; and need to have built resilience and strategies for embracing change.

RESILIENCE IS ...

... the ability to absorb change and uncertainty while maintaining high levels of performance

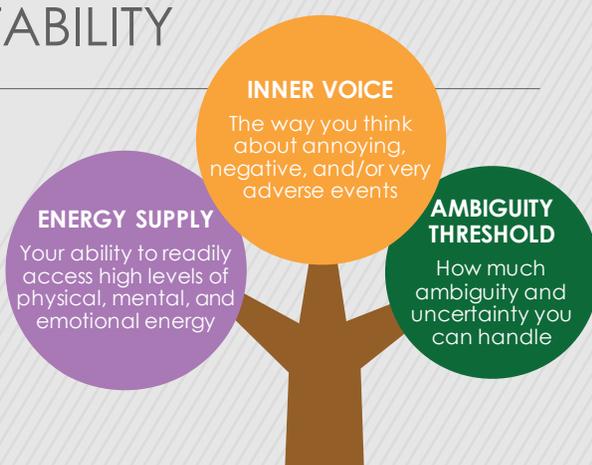
HIGHLY RESILIENT LEADERS ...

... experience change and uncertainty differently. They often perform best when the pressure is highest

THE OUTWARD SIGNS OF HIGH ADAPTABILITY

- Adjusts easily to ambiguity and change
- Rebounds from minor annoyances, the unexpected, and true adversity
- Draws on a seemingly endless supply of personal energy

CORE ELEMENTS OF ADAPTABILITY



FOUR PRACTICES TO IMPROVE YOUR INNER VOICE

1. Use Control.
2. Take Ownership.
3. Examine the Scope.
4. Manage the Time span.

FIVE PRACTICES TO RAISE YOUR AMBIGUITY THRESHOLD

1. Anticipate the future.
2. Accept uncertainty.
3. Apply flexibility.
4. Be tenacious.
5. Exercise curiosity.

THREE PRACTICES TO IMPROVE YOUR ENERGY SUPPLY

1. Create meaning.
2. Be healthy.
3. Renew and recover.

HOW TO MAKE YOUR INNER VOICE REALISTICALLY POSITIVE



FIND OUT MORE

Adapting to Constant Change is just one of the 50+ courses [AchieveForum Alliance](#) members have unrestricted access to.

Alliance members also benefit from in-person and virtual instructor-led events, peer networks, a new digital coaching tool, and much more.

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