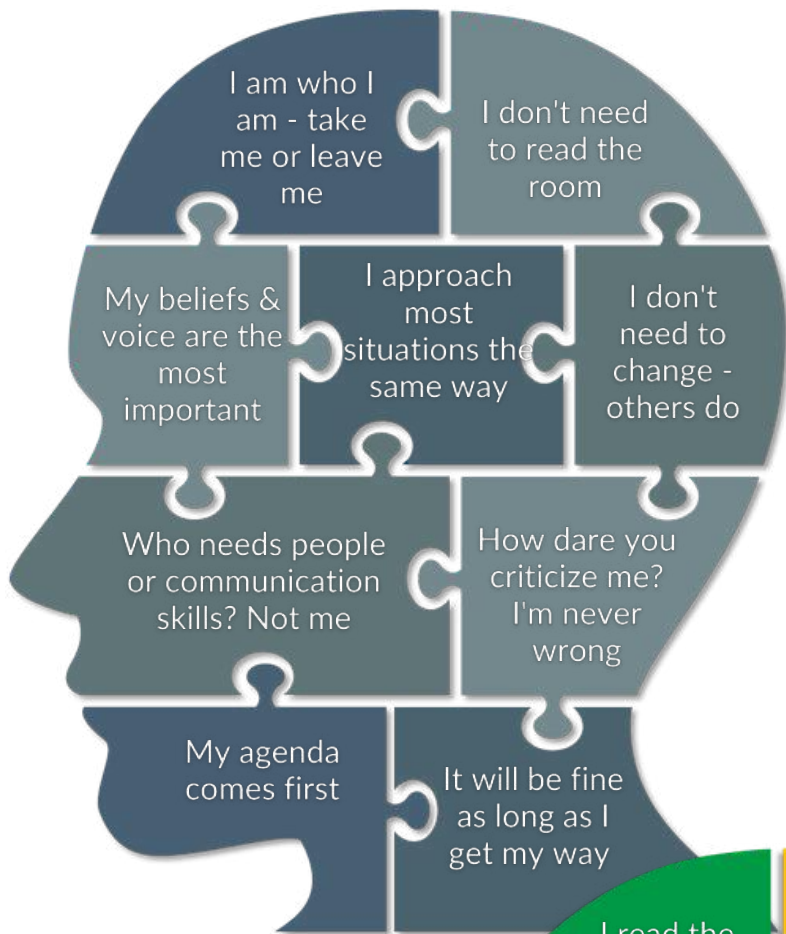


HOW ADAPTABLE ARE YOU?

DO YOU HAVE A FIXED OR FLEXIBLE MINDSET?



A FIXED MINDSET

- limits adaptability
- blocks collaboration
- curbs learning from mistakes & setbacks
- decreases resilience

THOUGHT QUESTIONS:

- Which of these thinking patterns have you had?
- What outcomes have you experienced when using these thinking patterns?
- If you changed the way you thought about a situation, how might that change the outcome?

A FLEXIBLE MINDSET

is key to
SITUATIONAL
ADAPTABILITY



THOUGHT QUESTIONS:

- Which of these thinking patterns have you had?
- What outcomes have you experienced when using these thinking patterns?
- Which thinking patterns would help you most right now?

