Day 10 Adaptability

Squiggly Careers
Skills Sprint

What is this squiggly skill?

Adaptability is matching your skills and strengths to a situation. It's about stretching yourself in different directions whilst staying true to who you are. Use this skill flexibly to meet the moment's needs.

Recommended Resource

Adaptability TED talk
Natalie Fratto

NATALIE**FRATTO**

Recommended Listen

Episode 140
How to develop your adaptability

Careers

Squiggly Careers #140
How to develop your adaptability

Ideas for Action

Unlearning

Ask yourself:
What do I do on autopilot?

Think about what the opposite would be. This could look like doing a presentation with no PowerPoint, if you always default to that for your meetings.

What-if questions

Asking 'what-if' questions can help you discover what you need to unlearn. This sounds like:

What if I managed my week differently?
What if I doubled the frequency I asked for feedback?