

Adaptability video description

Adaptability is being flexible when things change or faced with different people or situations. This can happen when you're working as part of a team or on your own. An adaptive person is open minded, takes on new ideas and opportunities and copes with uncertainty. They can also stay positive in difficult situations and accept that change can be challenging for everyone.

Being adaptive and managing change is a great skill to have. Having a plan B or being able to change your approach will gain lots of support in a team and also help you to work better overall.

An adaptive person:

- Is flexible when things change
- Is open-minded and takes on new ideas
- Copes well with uncertainty
- Stays positive in difficult scenarios