

# UAB LEARNDEV WHISPER

*A Weekly Publication of Learning*

## Are You Adaptable and Flexible?

If 2020 has taught us anything, it's how adaptable and flexible we are or had to be in this ever-changing year. These skills come naturally to some people, others need to develop new mindsets. The good news is adaptability can be improved.

Indeed.com states: "Adaptability skills can include a variety of skill sets that can essentially help you adapt to and deal with change positively and proactively. Some of these important soft skills include communication, interpersonal, problem-solving, creative and strategic thinking, teamwork, and organizational skills."

Knowing how you adapted to change during the pandemic and identifying your challenges can help you to become more resilient and confident when faced with continuing change.

### CALL TO ACTION:

- Think about your adaptability in the six areas above. Make a list of the ways you were more adaptable and flexible. Even little changes count!
- Think of changes where you tried to adapt or be more flexible, but they didn't work – yet. What would you have done differently? What about the next time? Don't think of these as failures. Think of them as opportunities for growth and improvement.

### KEEP ON LEARNING\*

- Here's an article, [Adaptability Skills: Definition and Examples](#).
- Check out [Adaptability & Flexible: 10 Quickest Ways to Develop Your Adaptability and Flexibility Skills](#).
- Watch Dorie Clark's course \*[How To Be An Adaptable Employee During Change & Uncertainty](#) (35m). It's a collection of short videos, so feel free to jump to the topic you need.

\*Benefits-eligible UAB, VIVA Health, Callahan, UABHS and HSF employees have free access to LinkedIn Learning platform and must log in using their UAB email address. If you have questions, please email [campuslearning@uab.edu](mailto:campuslearning@uab.edu).