

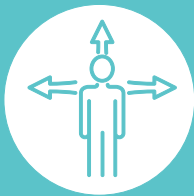


**Be confident and job ready with the key skills employers want.**

## How can you improve your adaptability?

Here are some ways to practice:

- ▶ Look for different points of view and try to understand them.
- ▶ Try out another person's way of doing a task, even if it's not what you prefer.
- ▶ Be a learner. People who are confident learners will adapt more easily.
- ▶ Turn challenges into opportunities.



## Adaptability

How you react to change.

Find out how to get the skills edge by improving your Adaptability skills.

Download the free Adaptability workbook at [upskillsforwork.ca](https://upskillsforwork.ca)

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