



What is adaptability?

When you think about someone or something who shows **adaptability**, what do you see?

- A young child who comes to Canada from another country and quickly learns a new language and way of life?
- A friend who loses their job, but goes back to school to learn new skills and qualifies for a new, better job?
- Or maybe the raccoon who gets into your garbage? Raccoons have adapted well to city life!
- In this workshop, we are talking mostly about adaptability at work, but there are many times in life when we need to adapt to changes.



Adaptability is how you react to change.



Let's talk about it

- What does being adaptable mean to you?
- Can you think of a time when you had to adapt to a change in your life?
- We have to adapt to small changes every day. Can you think of some examples?

A place for your notes:
