



# BUILDING ADAPTABILITY™

Fundamentally transforms the way people adapt to change.

## PROGRAM DESCRIPTION

TRACOM's Building Adaptability virtual training program helps learners overcome their Negativity Bias by adapting to the fast pace and constant change that causes unnecessary stress.

- ◆ Learn how Negativity Bias impacts thoughts and behaviors
- ◆ Practice strategies to overcome that bias
- ◆ Multi-rater assesses Resilience skills as perceived by others
- ◆ Impact of Style on Negativity Bias and Resilience skills, if learner has existing SOCIAL STYLE® profile
- ◆ Interactive exercises, discussions and videos included for skill development



**DELIVERY**  
Virtual



**DURATION**  
4 Hours plus  
Optional Exercises

## WATCH THE VIDEO TO SEE:

- ◆ Content that is covered in the course
- ◆ Preview of the Adaptive Mindset profile
- ◆ Application tools included to support the learning
- ◆ All the facilitation materials available for this program
- ◆ Easy process to certify facilitators to teach this program



# BUILDING ADAPTABILITY™



## THIS PROGRAM COVERS:



The Negativity Bias that most often affects you



How that bias prevents you from adapting to change



Practice specific skills to overcome the Negativity Bias



Get an accurate view of how well you apply these skills



How Style impacts Negativity Bias and skills to overcome it\*



How people deal with stress in specific work scenarios



Participate in interactive exercises to apply the skills



Construct personal action plan to increase your adaptability



Gain access to tools to further your skills development

*\*If learner has existing SOCIAL STYLE profile*

## WHAT'S INCLUDED:



### PROFILE REPORT

Multi-Rater Adaptive Mindset Assessment

*Online multi-rater assessment measures a person's Negativity Bias and Resilience Skills using feedback from self and others. (Learners with existing SOCIAL STYLE profile are shown how Style impacts their Negativity Bias and the skills to overcome it.)*



### TRAINING MATERIALS

Building Adaptability Participant Workbook

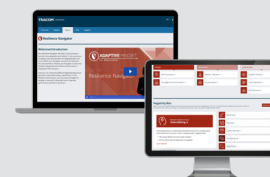
*This interactive digital workbook explains key concepts and helps put them into practice through the exercises it contains.*



### APPLICATION TOOLS

Resilience Navigator

*This video-based online tool features strategies and guidance to further understand the Negativity Bias and improve Resilience skills.*



## FACILITATOR MATERIALS

Facilitator Kit, available for purchase, includes:

- Facilitator Guide, PowerPoint Deck with Speaker Notes
- Sample Adaptive Mindset Profile
- Building Adaptability Participant Workbook
- Access to Free Facilitator Certification Training