



BUILDING ADAPTABILITY™ OnDemand

Fundamentally transforms the way people adapt to change.

PROGRAM DESCRIPTION

TRACOM's Building Adaptability eLearning 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
- ◆ Discover 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 and videos included for skill development



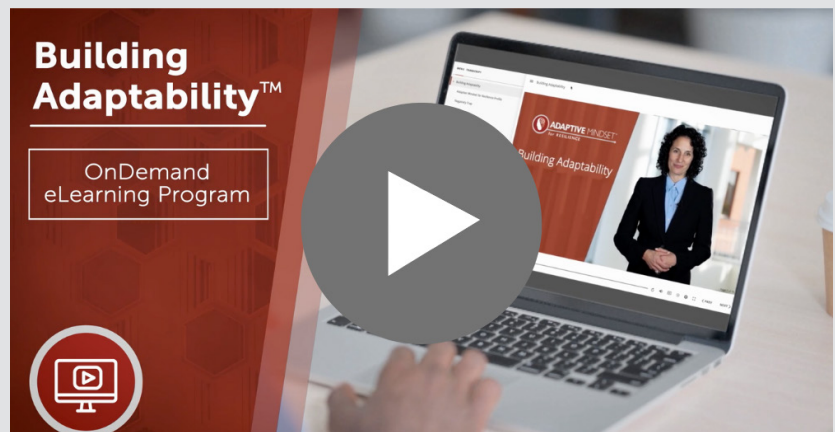
DELIVERY
Self-Directed
eLearning



DURATION
Up to 2 Hours

WATCH THE VIDEO TO SEE:

- ◆ Content that is covered in the course
- ◆ Preview of the Adaptive Mindset profile
- ◆ Overview of the exercises and knowledge checks
- ◆ Interactive video scenarios included in the training
- ◆ Application tools included to support the learning



THIS PROGRAM COVERS:



The Negativity Bias that most often affects you



How that bias prevents you from adapting to change



Using 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



Videos and exercises show how to apply the skills learned



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 eLearning

This online eLearning module features interactive exercises, video vignettes, and knowledge checks, and is accessed through TRACOM Learning.



APPLICATION TOOLS

Resilience Navigator

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

