



# INTRODUCING ADAPTABILITY™

A quick and easy introduction that helps people adapt to change.

## PROGRAM DESCRIPTION

TRACOM's Introducing Adaptability is a brief virtual training program that provides an overview of the Negativity Bias and strategies to overcome it.

- Brief and impactful learning experience for all audiences
- Learn how Negativity Bias impacts thoughts and behaviors
- Self-assessment of skills to overcome Negativity Bias
- Impact of Style on Negativity Bias and Resilience skills, if learner has existing SOCIAL STYLE® profile
- Teaches key skills using interactive exercises, discussions and videos



**DELIVERY**  
Virtual



**DURATION**  
2 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



# INTRODUCING ADAPTABILITY™



## 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



Estimate 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



Overview of strategies 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

#### Self-Perception Adaptive Mindset Assessment

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



### TRAINING MATERIALS

#### Introducing Adaptability Participant Workbook

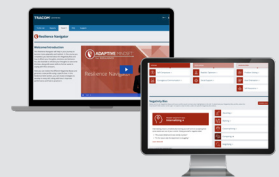
*This interactive digital workbook explains key concepts and helps put them into practice through the exercises it contains.*



### 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
- Introducing Adaptability Participant Workbook
- Access to Free Facilitator Certification Training