



INTRODUCING ADAPTABILITY™ OnDemand

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

PROGRAM DESCRIPTION

TRACOM's Introducing Adaptability is an eLearning 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
- Interactive exercises and videos included for skill development



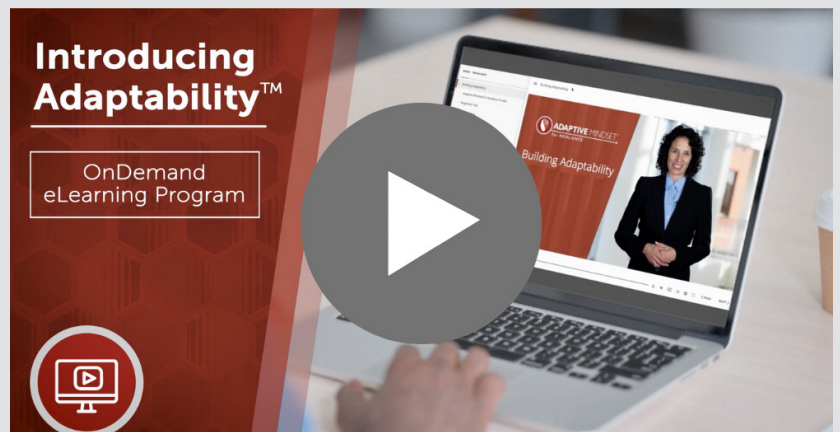
DELIVERY
Self-Directed
eLearning



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



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THIS PROGRAM COVERS:



The Negativity Bias that most often affects you



How that bias prevents you from adapting to change



Learn specific skills to overcome the Negativity Bias



Estimate how well you apply these skills



How Style impacts Negativity Bias and skills to overcome it*



Videos and exercises show how to apply the skills learned



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 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.

