

Adaptability

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Origin of the word

- From Latin **word** adaptāre "adjust, fit to," from ad "to" aptare "to join,"



Definition

- Adaptability is an ability or willingness to change in order to suit different conditions.
 - From the Cambridge Advanced Learner's Dictionary
- Adaptability is a feature of a system or of a process in different disciplines and operations.
 - From <https://en.wikipedia.org/wiki/Adaptability>
- adaptability refers to “an individual's ability, skill, disposition and/or motivation to change or fit different task, social, or environmental features”
 - From (I-ADAPT) Theory Article by (Ployhart and Bliese, 2006).



Overview

- Adaptability is not just about changing something or altering to a situation. It includes being able to encounter those alters in a course of action with sleekness and effectiveness, without any major holdups.
- We continuously change our ways of life because our world is changing continuously. We switch our demand to substitute goods, when there is lack of a commodity.
- As long as there are aspects as laws and economic factors in our environment, it is essential to obtain this skill.



Importance of Adaptability

- Adaptability allows to handle any situation and offers a solution. Technology is always developing, which makes it crucial to be innovative and to stay updated to the constant modifications.
- Adaptive leaders know their workers skills and strengths and look to place the right person into the correct position.
- With an adaptive mindset, it is easier for a community to start thinking outside the box. Instead of being boxed in by traditional methods and tools that have worked in the past, they begin to look for new ways to do things that are better.



How to improve on the skill of adaptability

- Be keen to learn: Do not hesitate to learn something new. You can learn some things on your own when provided with appropriate educational resources. Don't decline to use the services of a professional.
- Avoid procrastination: Take the required course of action. Remember that adaptations are more effective when the action is taken earlier.
- Acknowledge the fact that changes are bound to occur: Though it is hard to let go of a norm. Try new ventures and stay updated.



Games 1 : Human Knot





Rules (Game 1)

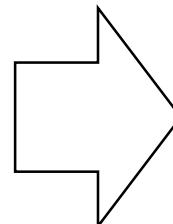
1. A great Ice Breaker or team building game for around 10 players. If you have more, have multiple groups race one another
2. All players reach across the circle and hold two empty hands. This can be done with eyes closed
3. The group must try to untangle the knot without letting go of each other's hands
4. They can try to untangle by stepping over and under the arms around them
5. If you are successful the group should finish as one neat circle



Games 1 : Human Knot (Video)



End Result (Game 1)



Game 2 : Shrinking Newspaper





Game 2 :

Shrinking Newspaper (Video)





Rules (Game 2)

- Each group will be given a big piece of newspaper.
- The objective of the game is for everyone to keep their feet on the newspaper, and have no part of their body touching the walls or the floor.
- It's a game where everyone has to attempt to squeeze as much as possible together.
- For each round that is successful, they will have to fold the newspaper in half and attempt to stand on it again... they will keep folding the newspaper in half until they are unable to successfully stand on it as a group.
- The group that can survive with the smallest piece of newspaper wins.

Any Question ?



Thank You!

