

ADAPTABILITY QUOTIENT (AQ)



Adaptability - The ability of the person to constantly change its actions in order to suit a new situation. It also refers the approach to bring the change within him during the changing times. We constantly change our mind sets, lifestyles, fashion quotient, electronic gadgets etc are few similar examples. One can be quite flexible in handling changes that take place around.

With good IQ, one can succeed in getting employed, but with the better AQ, the same individual can perform better and be successful for a longer time.

So let's find out quickly your AQ score ? Answer the below questions



- Do you observe an activity and learn? Are you asking questions to seek knowledge?
- Do you feel change is possible at work place during uncertainty?
- Are you facing the challenge? Do they motivate you?
- Are you enjoying this transformation journey?
- Are you acquiring new skills or technology toward positive change?
- Have you split big tasks into small ones?
- Are you anticipating the results and prepared for sudden changes?

If all the answers are YES, then you are setting yourself as a team leader with high AQ.

How to Improve Adaptability Quotient ?

“We need both adaptability and resilience in our lives. If we expect change, we can build our resilience and find ways of moving forward. When practised adaptability, we can create more resilient lives everywhere”.



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How to Improve Adaptability Quotient ?

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▶ **Mindset** - It is basically a belief system which has impact on everything we do in our life. Change your mindset and try to match with your goals and aspirations.

▶ **Learn, Unlearn, Relearn & Reskill** - It means to discard the old outdated information or knowledge replaced by the correct systems and updates on the subject matter. Also one needs to upgrade with the new skills as per the changing times.

▶ **Courage & Strength of Character** - People who set goals for themselves and implement it passionately, are courageous and have strength in character.

▶ **Resilience** - It is an ability of a person to quickly recover from the difficult situation wherein mental flexibility plays an important role.

▶ **Self-Motivation** - It drives people to take explore more avenues. It is a force to take actions and do things on priority. People enjoy while completing their task and take new initiatives.

▶ **Thought Process** - People who are optimistic, good emotional quotient, and work with a hope to find new opportunities, showcase a healthy and matured thought process.

▶ **Support** - Every individual needs a healthy work atmosphere and the support from the team to perform effectively.

▶ **Ready for the Change** - Explaining and making understand the project in detail will help to be ready for the change as and when needed.

Top 8 Benefits of Acquiring Adaptability Quotient



Every team member involved in the entire process will add value to the chain



Individuals and the organizations with better or best AQ, will be outstanding and market leaders



Higher the AQ level, better for the stakeholders to face the challenges



More the resilience, more will be positive and effective growth

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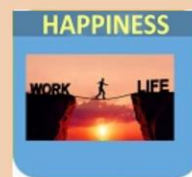
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The earlier we adapt, more are the chances of getting recognized as a game changer



With greater adaptability, one can quickly shift to the changes and experiment new things



Adaptability brings more happiness in life, thus leading more balance in work and life



Help to develop a sense of accepting failures by doing failure analysis

Adaptability Quotient - The Bottom Line.....



Ask questions to yourself and to the experts



Be eager to know things and learn them



Be responsible for the choices and actions

P.S.



**Adaptability is not imitation. It means power of
resistance and assimilation.**

(Mahatma Gandhi)