



# Ulisse

Soft Skills for Employability

# FLEXIBILITY

# What's your word to define flexibility?

[www.menti.com](http://www.menti.com)

## ULISSE definition of flexibility

Adaptability; open-minded; easily adapt to changes; respond adequately to constructive criticism; deal well with unexpected situations; polyvalent.

# How Adaptability Will Help You Deal With Change

Jennifer Jones | TEDxNantwich



<https://www.youtube.com/watch?v=Wur3RaGNRS8>

How was Jane's reaction to her colleague who warned her not to check occasionally her phone?



Go to [www.menti.com](http://www.menti.com) and use the code 000000

How would have you reacted if you were in Janes' shoes?



Go to [www.menti.com](http://www.menti.com) and use the code 00000

## Highlights/

1

“ 80% of the jobs which would exist in 2025 do not exist today. The average amount of jobs in someone's lifetime is now six in six different companies. ”

## Highlights/

2

“

It's not always easy to respond to change how we want to.

We all struggle to adapt. Quite often the coping mechanisms that we've adopted in the past don't necessarily work in the future.

”



## Highlights/

### 3

“ In the midst of so much change and urgency we react instinctively to what’s in front of us because we have to, but we don’t take the time to prepare ourselves in advance of the change. ”

## Highlights/

4

“ We can't always control the change that happens to us but we can manage our response to it. ”

# Adaptability equation\*

People who are more adaptable and can respond to change how they want, have a certain adaptability and have certain characteristics in common.

Vs.

People who struggle to adapt and these characteristics are minimal or missing.

Adaptability = Purpose + Inquisitiveness + Resilience

Threat



\*Taken from «How adaptability will help you deal with change» by Jennifer Jones | TEDxNantwich

## Purpose

“ It’s your purpose that helps you weather the storms without being distracted or demotivated and guides you to make the right choices in the face of change. ”

Do you know your **purpose**? And whether your everyday habits and choices take you closer to it or further away?



## Inquisitiveness

“ **S** It’s the inner child that asks a hundred questions a day. People who are constantly able to scan the environment looking for the need to adapt in the future are more adaptable because of all the powerful thinking and insight that has happened before the change hits them or before they decide to make a change. The more questions you ask the more you learn. ”

## Resilience

“ The ability to overcoming setbacks and learning from them. ”

## Threa

“ **t** A high level of threat will hurt your adaptability, so **our aim is to reduce it.**

We all have a threat response when we are faced with a real or perceived danger (aggressive body language, a different point of view, a threat of looking stupid).

We need to have a strong **awareness of our threat response**, what it feels like, what it looks like, what triggers it and how best to manage it. ”



## Tips

1. Make a conscious commitment to change
2. Perceive your purpose
3. Learn throughout life
4. Learn how to adapt
5. Start your reflection today

# Bibliograph

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# Thank you Very Much