

adaptability

the quality of being able to adjust to new conditions



**CareGivers
of America**
Home Healthcare Services

Why developing adaptability skills is important

Every business undergoes organizational change at some point and navigating it has always been a valuable skill. For individuals, learning these skills leads to peace of mind and career growth.

The most basic definition of purpose is the “why” question—why someone is working on a task, why a task matters to a job, why a job matters to an organization. The outcome is feeling as though the task, the job, the organization is meaningful.

Effective strategies to flex your adaptability skills:

- Be responsive to new information. It may not be what you expected, so ask questions and do research.
- As part of change, be open to considering new roles and responsibilities. This may include stretch goals you set with your supervisor, which may be challenging at first, but may increase or improve your skill set.
- Commit to personal development. This shows managers and supervisors that you are comfortable with change and approaching something new and different.
- Determine what is in your control and what is not. There is no use in wasting energy on things you cannot control, but you can be proactive on things that are in your control or that you may influence.
- Suggest or implement improvements to a work process. Demonstrate initiative; show that you can adapt to the changes that will result from the new process.
- Stay current with what is changing in your industry or area of business. Keep one step ahead.

Change is a natural part of life; therefore, adaptability is a crucial skill. When we accept that nothing stays the same forever, it gives us room to look for new opportunities to grow personally and professionally. Fighting change that you truly have no control over is like trying to keep the sun from rising or setting. Being actively involved helps you to embrace change by understanding it, being receptive, open and adaptable.