

ADAPTABILITY SKILLS

A PLANNING RESOURCE

Adaptability involves being open and willing to learn new things and take on new challenges in the face of change. Adaptability involves the development of soft skills such as the following:

ABILITY TO LEARN

This involves having a growth mindset and understanding that failures happen to strengthen us.

PERSISTENCE

This skill requires staying positive even when things are challenging and stressful.

RESOURCEFULNESS

This involves having an abundance mindset, creativity, innovation and problem-solving skills.

CURIOSITY

Someone who displays this skill is willing to take constructive criticism from others, consider different perspectives and collaborate with other people. A love of learning is also involved.

KEY TERMS

Growth mindset: People who believe their talents can be developed through hard work, good strategies, and input from others

Abundance mindset: People who are resourceful and work with what they have

#RISINGYOUTH
community service grants



#JEUNESACTION
subvention de service communautaire