



# Smart tips ADAPTABILITY



# Adaptability

The background is a colorful abstract painting. On the left, a stylized human head is shown in profile, facing right. Inside the head, a brain is depicted with yellow and purple sections. To the right of the head, there are several blue dots of varying sizes. Further right, a large, stylized eye is visible, and next to it are some black lines that resemble musical notes or a circuit diagram. The overall style is expressive and artistic, with a mix of colors like blue, yellow, purple, and brown.

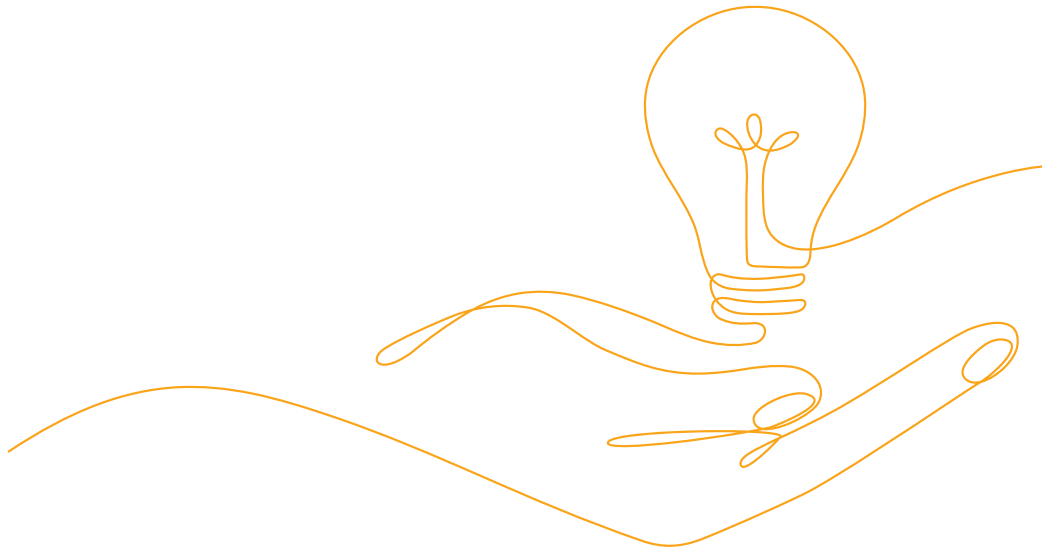
Flexibility

Open  
mindedness

Acceptance

# EQ smart tips

## Flexibility



Being more flexible means being able to come into contact with painful experience, thoughts and emotions and learning to choose new ways of behaving despite its presence. This increases value because it enables you to consider a great number of options potentially leading to more valuable outcomes.

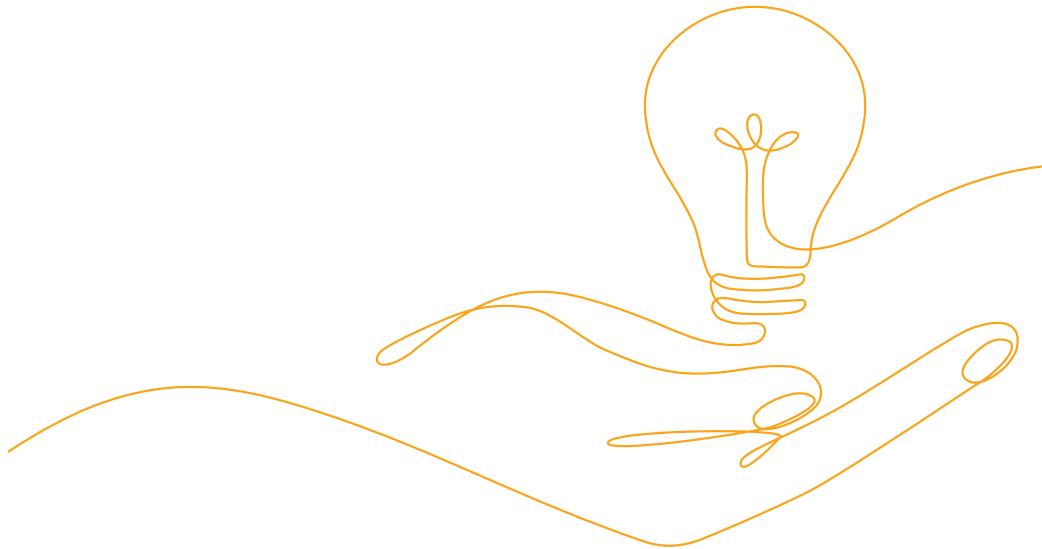
You can increase this by:

- Suspending judgment of yourself, others and the situation.
- Exploring a number of alternative solutions to a problem instead of falling back on the 'tried and true.'
- Acknowledge that you have choices when faced with change and consider a range of perspectives before deciding on an action.

# EQ smart tips

## Flexibility

### Open mindedness



One of the most basic emotional skills of leaders is the ability to remain open to new possibilities, experiences and learning. To achieve this, it is necessary to expand your comfort zone.

Remember to:

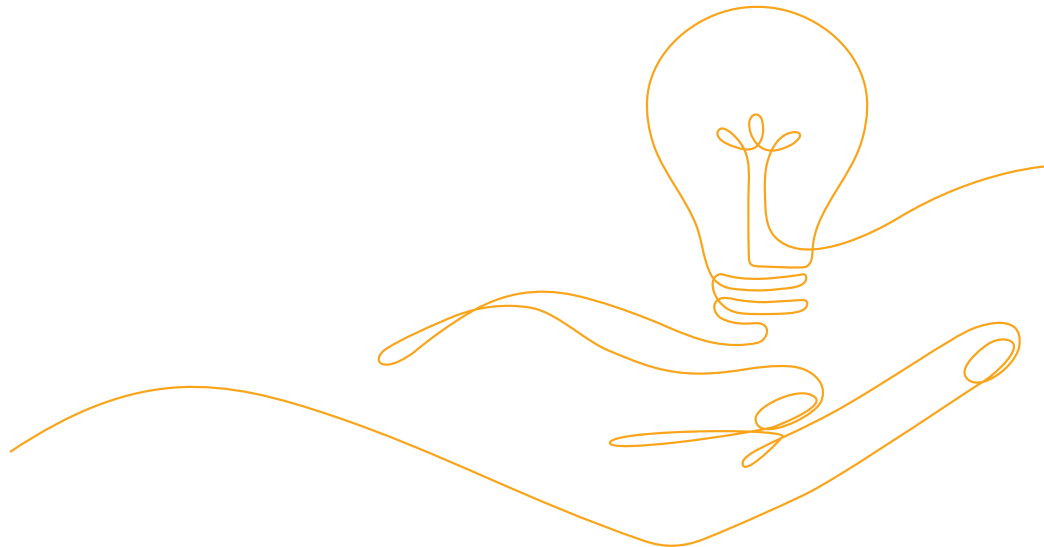
- Take small risks every day – listen to new ideas; try new experiences.
- See the innocence in others and look for new perspectives.

# EQ smart tips

Passion

Open mindedness

**Acceptance**



Involves making room for unwanted thoughts and feelings, memories and sensations that you may work hard to avoid. This is not a philosophy for becoming passive or apathetic, but rather for accepting the things we cannot change.

## **Don't**

Work so hard to avoid unpleasant feelings

## **Do**

- Make peace with imperfections
- Identify what it is about change that is threatening and focus on factual information to avoid getting caught up in 'what ifs'
- Take a more accepting approach to your experience

Thank you!