

Adaptability

Adaptable employees are more engage and 60% more likely to thrive in leadership roles.

Canada's

Healthy Workplace Month

healthyworkplacemonth.ca

DID YOU KNOW?

Adaptability is the ability to adjust to new conditions with an open and resilient mindset.

In a constantly evolving workplace, being adaptable means staying calm, resourceful, and solution-focused in the face of uncertainty.



DAILY YOGA POSE

Warrior ii

(Virabhadrasana ii)

This pose builds strength, endurance, and focus while encouraging you to stay steady in dynamic situations just like adaptability in life and work.

DAILY MOTIVATION: MUSIC TRACK

"Unwritten" by Natasha Bedingfield

A song about embracing the unknown and stepping into new opportunities with an open mind.



PRO TIPS FOR THE WORKPLACE

Embrace "YET" in conversations:

- For the next 24 hours, whenever you or your team member says, "I can't do this", add "yet".
- "I can't lead a project... yet"
- "I don't know how to do this ... yet"

Action: At the end of the day, reflect on how this shift made you feel.



DAILY RECIPE

Omega-3 Power Salad

2 cups of spinach

1/2 Avocado

1/2 Cup walnuts

1/2 Cup grilled salmon

Lemon & olive oil dressing



Nourish your brain and body for a strong, adaptable mindset!

INSPIRE & REFLECT

Reflection Questions

What is one change in my life or career that I have successfully adapted to? How did I grow from it?

Daily Affirmation

I trust myself to navigate change with confidence and resilience.

Mental Health Challenge:

Explore your creativity today, paint/draw or do a craft.

Inspiration of the Day

"Intelligence is the ability to adapt to change" - Stephen Hawking

Resource of the Day: *Adaptability Resource Library*

The Adaptability Resource Library offers practical, printable tools to help employees embrace change, learn new skills, and stay focused on their goals during challenging times.