



The Power of Adaptability

Luis Bautista

September 12, 2020

QUOTES

- “It is not the strongest of the species that survives, nor the most intelligent, it is the one that is most adaptable to change.” Charles Darwin
- Change is natural and constant. The problem is that we are not mentally prepared for change when it occurs.
- We are not prepared because of fixed set patterns of living which are in place to ensure order and predictability. When change happens to what we call our “normal life of routines” we are forced to adapt.
- “Adaptability is the simple secret of survival.” Jessica Hagedorn

Four Steps for Adaptability

Stay Calm and Confident with Conscious Breathing.

Change Your Attitude by Redefining Your Motivation.

Embrace New Learning through Enhanced Curiosity.

Acquire New Skills.

Tips

Be pliable. Be flexible. Be creative.

Adaptability occurs in a state of expansion. Stay as positive as possible.

Every day have a call to action.

Engage in positive self-talk. Turns on the mental switch which instructs our mind to act and adapt.

Tips

Think productivity about the future.

Monitor any addictive tendencies since “acting out” occurs during stressful times. Acting out may sabotage your skills to adapt.

Seek and request support from friends, family, groups during trying times.

Do not underestimate your ability to adapt. We often underestimate our ability to weather emotional storms.

How to Activate Happiness Chemicals

- *Hug an animal or give compliments for Oxytocin the Love Hormone.*
- *Laugh, exercise and eat dark chocolate for Endorphin the Pain Killer.*
- *Meditate, pray, walking in nature, sit in the sun for Serotonin the Mood Stabilizer.*
- *Complete a task, care for yourself, celebrate little wins for Dopamine the Reward Chemical.*

Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain." Vivian Greene



We Still Have Lots Issues

- Male supremacy attitudes
- Workplace Gender Issues
- Sexual Harassment
- Sexual Discrimination
- Pay Equity
- Hiring Bias
- On-line Misogyny
- Domestic Violence
- Psychological Abuse

First Breakout Questions

What motivates you during a crisis

1. In what ways are you adapting while coming from a negative mindset?
2. In ways are you adapting while coming positive mindset?

Second Breakout Questions

1. What new skills are you learning?
2. How are you being creative?