

ACTIVITY | My Flexibility Quotient



GOAL | To assess your ability to change and be open to new information and changing conditions.



RELEVANT FOR

- Executive
- Middle Manager
- Supervisor
- Caseworker



DESCRIPTION | Self-reflect on how flexible you are in adapting to change and unforeseen situations by completing the worksheet. Look hard and honestly at your own flexibility.



MORE INFO

[Adaptive Leadership](#)



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Reflect on your ability to adapt to changes in your organization. Respond to the following questions:

1. How have your organization's mission, policies, and practices changed since you started?
2. What was it like for you to adapt to these changes? What changes went well? What changes were more challenging for you?
3. What strategies help you be more flexible dealing with change?
4. How has the workplace changed since you started working at your organization?
5. How have your clients changed?
6. What strategies have you employed to stay flexible in dealing with changes in clients?
7. What can you do to improve your flexibility?