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| Building Tomorrow Leaders Ridgecrest Elementary\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_February Newsletter |

1901 119th St. N. Largo, Fl 33778 727-588-3580 X2005 Charles Derexson - Advisor Derexsonc@pcsb.org |

Quick! We must make a change for this meeting! But we can do that, because as Leaders we can adapt to changes, **Adaptability**: I can cope with the unexpected and can accept change.

Our precept this month - Remember if you have hit rock bottom …that rock bottom can be a solid foundation to start from – this has strong meaning for adaptability. Sometimes a project or assignment is an “epic fail.” If you have a major setback, do you handle it, put it behind you and keep going, or do you throw in the towel and move onto something else entirely? Last month when the hot wheels track didn’t work you had to adapt the track to make it smooth. In leadership we sometime must do those same things in order to be successful. Adaptability is important because **as new technology evolves, companies established in the "old ways" may have difficulty competing with major players in their industry**. Employers are looking for employees who can demonstrate strong adaptability skills and become company leaders. These skills are in demand and will help you get hired.

Here are some ideas to help you become more adaptable and easily adjust to adversity:

1. Always have contingency plans. You should always have a Plan B and somethings a Plan C. Contrary to what you might think, it doesn’t mean you’re planning for failure. It’s just the opposite, it means that you’ve given consideration to the fact that Plan A just may not go as expected.

2. You’ve got to practice resiliency. Like most people, you probably experience a lot of small setbacks at work and at home. When this happens, notice how you react and consider how you could have performed in a more positive manner to keep everything moving along on the path you originally planned for.

3. Develop a mindset of positive affirmation to prepare yourself for daily setbacks. You might even try repeating to yourself, “Even if things don’t go the way I expect today, I’m going to be positive and keep going and not let it wreck my day or project.”

4. When the inevitable happens and something goes wrong, don’t overreact. Take a few deep breaths and it won’t hurt to count to 10 and let yourself fully appreciate what happened. We often get so wrapped up in disappointment, because we overreact and try to hard to overcome it. It’s okay to feel dejected, but it’s not okay to give in and give up, letting it get the best of you.

Remember adaptability is a leadership skill and these ideas can help you learn to be more positive and resilient. Even a major disappointment or setback doesn’t have to mean your goals are not valid, it may just mean your pursuit of those goals will take a little different path than originally expected.