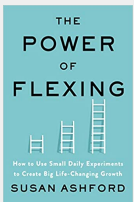



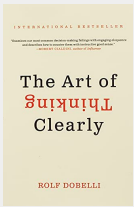

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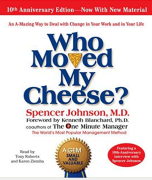
1. [Books \(w/videos, articles, etc.\)](#)
2. [Video Clips](#)
3. [Articles](#)
4. [Podcasts](#)
5. [Classes / Events](#)
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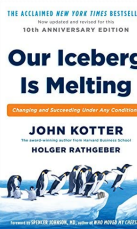
### 1. Books

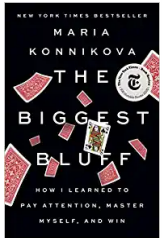
Title	Description	Link
	<p>The Power of Flexing (Susan Ashford)</p> <p>A leadership and learning expert shows you how to change your behavior, develop soft skills, and achieve personal and professional growth through a series of small experiments she calls “Flexing.”</p> <p>A personnel shift at your organization puts you into a leadership role you don't feel prepared for.</p> <p>Your boss tells you that you seem aloof and unapproachable in client meetings.</p> <p>You need to win the support of the members of a local community group for a project you feel passionate about.</p> <p>Addressing these diverse issues depends on improving your soft skills—such as time management, team building, communication and listening, creative thinking, and problem-solving. But this isn't as easy as it may seem.</p> <p>Sue Ashford, the chair of the Management and Organizations group at the Ross School of Business, has the solution. In this timely book, she introduces Flexing—a technique individuals, teams, and entire organizations can use to learn, grow, and develop their skills and knowledge with every new project, work assignment, and problem. Flexing empowers you to embrace any challenge and adapt to any change, yielding practical, valuable takeaways that ensure growth.</p> <p>Flexing helps you move ahead when you're confronted with a new challenge, or simply want to develop a vital skill. It's a journey that begins with setting a flex goal—stating explicitly what you</p>	<a href="#">Book</a>
		<a href="#">Interview 1</a> (52:01)
		<a href="#">Interview 2</a> (29:44)
		<a href="#">K-12 School Application</a>
		<a href="#">Interview Transcript</a>
		<a href="#">Short Interview Transcript</a>
		<a href="#">Podcast</a>
		<a href="#">Official Resources</a>

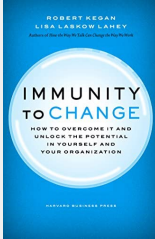
	<p>want to learn and how you want to grow. Once that flex goal is set, you then begin to run experiments, solicit feedback from peers or colleagues, and monitor and tweak your progress on the way to achieving your goal. Flexing can be tailored to each person, allowing you to reflect on your own experiences and incorporate the lessons you learn in the next project you tackle. It's a growth mindset that will help you become the best version of yourself.</p> <p>Flexing also works with teams and organizations. Ashford teaches small groups and large how to implement flexing to ensure their members are ready for new challenges. With more people moving to remote working full-time and developing new ways of collaborating in teams, this warm and practical guide will help every professional and any organization on the journey to greater effectiveness.</p>	
<p>Think Again (Adam Grant)</p> 	<p>Think Again is a book about the benefit of doubt, and about how we can get better at embracing the unknown and the joy of being wrong. Evidence has shown that creative geniuses are not attached to one identity, but constantly willing to rethink their stances and that leaders who admit they don't know something and seek critical feedback lead more productive and innovative teams.</p> <p>New evidence shows us that as a mindset and a skillset, rethinking can be taught and Grant explains how to develop the necessary qualities to do it. Section 1 explores why we struggle to think again and how we can learn to do it as individuals, arguing that 'grit' alone can actually be counterproductive. Section 2 discusses how we can help others think again through learning about 'argument literacy'. And the final section 3 looks at how schools, businesses and governments fall short in building cultures that encourage rethinking.</p> <p>In the end, learning to rethink may be the secret skill to give you the edge in a world changing faster than ever.</p>	<p><a href="#">Book</a></p> <p><a href="#">Blinkist</a></p> <p><a href="#">Adam Shares Insights</a> (38:54)</p> <p><a href="#">TED Talk</a> (15:25)</p> <p><a href="#">Animated Summary</a> (8:46)</p> <p><a href="#">Forbes Article</a></p>
<p>The Art of Thinking Clearly (Rolf Dobelli)</p>	<p>"A serious examination of the faulty reasoning that leads to repeated mistakes by individuals, businesses, and nations...In this fascinating book, Dobelli does not offer a recipe for happiness but a well-considered treatise on avoiding 'self-induced unhappiness.'" — Booklist (starred review)</p> <p>The Art of Thinking Clearly by world-class thinker and entrepreneur Rolf Dobelli is an eye-opening look at human psychology and reasoning — essential reading for anyone who wants to avoid "cognitive errors" and make better choices in all aspects of their lives.</p> <p>Have you ever: Invested time in something that, with hindsight, just wasn't worth it? Or continued</p>	<p><a href="#">Book</a></p> <p><a href="#">4 min Summary</a></p> <p><a href="#">Video Summary</a> (9:38)</p>

	<p>doing something you knew was bad for you? These are examples of cognitive biases, simple errors we all make in our day-to-day thinking. But by knowing what they are and how to spot them, we can avoid them and make better decisions.</p> <p>Simple, clear, and always surprising, this indispensable book will change the way you think and transform your decision-making—work, at home, every day. It reveals, in 99 short chapters, the most common errors of judgment, and how to avoid them.</p>	<a href="#">Rolf Presentation</a> (11:20) <a href="#">Core Message</a> (8:25) <a href="#">100 Biases Part 1</a> (17:03)
<p>Impact Players (Liz Wiseman)</p> 	<p>Thinkers50 Top 10 Best New Management Books for 2022</p> <p>Why do some people break through and make an impact while others get stuck going through the motions?</p> <p>In every organization there are Impact Players—those indispensable colleagues who can be counted on in critical situations and who consistently receive high-profile assignments and new opportunities. Whether they are on center stage or behind the scenes, managers know who these top players are, understand their worth, and want more of them on their team. While their impact is obvious, it's not always clear what actually makes these professionals different from their peers.</p> <p>In Impact Players, New York Times bestselling author and researcher Liz Wiseman reveals the secrets of these stellar professionals who play the game at a higher level. Drawing on insights from leaders at top companies, Wiseman explains what the most influential players are doing differently, how small and seemingly insignificant differences in how we think and act can make an enormous impact, and why—with a little coaching—this mindset is available to everyone who wants to contribute at their highest level.</p> <p>Based on a study of 170 top contributors, Wiseman identifies the mindsets that prevent otherwise smart, capable people from contributing to their full potential and the five practices that differentiate Impact Players:</p> <p>While others do their job, Impact Players figure out the real job to be done.  While others wait for direction, Impact Players step up and lead.  While others escalate problems, Impact Players move things across the finish line.  While others attempt to minimize change, Impact Players are learning and adapting to change.  While others add to the load, the Impact Players make heavy demands feel lighter.</p>	<a href="#">Book</a> <a href="#">Book Summary</a> (6:13) <a href="#">Highlights with Liz</a> (7:39) <a href="#">What it means to be an impact player</a> (3:54) <a href="#">Impact Players Interview</a> (42:55) <a href="#">Impact Players with Liz</a> (39:31) <a href="#">Free Official Resources</a>

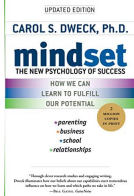
	<p>Wiseman makes clear that these practices—and the right mindset—can help any employee contribute at their fullest and shows leaders how they can raise the level of play for everyone on the team. Impact Players is your playbook for the new workplace.</p>	
<p>Who Moved My Cheese? (Spencer Johnson)</p> 	<p>Who Moved My Cheese? is a simple parable that reveals profound truths. It is an amusing and enlightening story of four characters who live in a "Maze" and look for "Cheese" to nourish them and make them happy.</p>	<a href="#">Book</a>
		<a href="#">4 min Summary</a>
	<p>Two are mice named Sniff and Scurry. And two are "Littlepeople" -- beings the size of mice who look and act a lot like people. Their names are Hem and Haw.</p>	<a href="#">Written Summary</a>
		<a href="#">Written Summary 2</a>
	<p>"Cheese" is a metaphor for what you want to have in life -- whether it is a good job, a loving relationship, money, a possession, health, or spiritual peace of mind. And the "Maze" is where you look for what you want -- the organization you work in, or the family or community you live in. In the story, the characters are faced with unexpected change. Eventually, one of them deals with it successfully, and writes what he has learned from his experience on the Maze walls.</p>	<a href="#">Animated Summary (3:55)</a>
	<p>When you come to see "The Handwriting on the Wall," you can discover for yourself how to deal with change, so that you can enjoy less stress and more success (however you define it) in your work and in your life.</p>	<a href="#">Animated Summary 2 (12:08)</a>
	<p>The 10th anniversary audio edition of Who Moved My Cheese? includes exclusive new bonus material in which Spencer Johnson offers fresh insights on its origins, impact and applications that will help you put its powerful wisdom to work.</p>	<a href="#">Animated Summary 3 (14:57)</a>
		<a href="#">Article</a>
<p>Infinite Game (Simon Sinek)</p>	<p>From the New York Times bestselling author of Start With Why and Leaders Eat Last, a bold framework for leadership in today's ever-changing world.</p>	<a href="#">Book</a>
		<a href="#">Written Summary</a>
	<p>How do we win a game that has no end? Finite games, like football or chess, have known players, fixed rules and a clear endpoint. The winners and losers are easily identified. Infinite games, games with no finish line, like business or politics, or life itself, have players who come and go. The rules of an infinite game are changeable while infinite games have no defined endpoint. There are no winners or losers—only ahead and behind.</p>	<a href="#">What is the Infinite Game (2:23)</a>
		<a href="#">Simon on Infinite Game (29:23)</a>
	<p>The question is, how do we play to succeed in the game we're in?</p>	<a href="#">Finite vs Infinite</a>

	<p>In this revelatory new book, Simon Sinek offers a framework for leading with an infinite mindset. On one hand, none of us can resist the fleeting thrills of a promotion earned or a tournament won, yet these rewards fade quickly. In pursuit of a Just Cause, we will commit to a vision of a future world so appealing that we will build it week after week, month after month, year after year. Although we do not know the exact form this world will take, working toward it gives our work and our life meaning.</p> <p>Leaders who embrace an infinite mindset build stronger, more innovative, more inspiring organizations. Ultimately, they are the ones who lead us into the future.</p>	<p><a href="#">Games</a> (3:27)</p> <p><a href="#">Finite and Infinite Games (Longer)</a> (56:05)</p> <p><a href="#">The 5 Practices</a> (1:19)</p> <p><a href="#">Infinite Players</a> (5:52)</p> <p><a href="#">Animated Summary</a> (6:44)</p> <p><a href="#">Official Resources</a></p>
<p>Our Ice is Melting: Changing and Succeeding Under Any Conditions (John Kotter)</p> 	<p>Our Iceberg Is Melting is a simple story about doing well under the stress and uncertainty of rapid change. Based on the award-winning work of Harvard Business School's John Kotter, it can help you and your colleagues thrive during tough times.</p> <p>On an iceberg near the coast of Antarctica, group of beautiful emperor penguins live as they have for many years. Then one curious bird discovers a potentially devastating problem threatening their home—and almost no one listens to him.</p> <p>The characters in the story—Fred, Alice, Louis, Buddy, the Professor, and NoNo—are like people you probably recognize in your own organization, including yourself. Their tale is one of resistance to change and heroic action, seemingly intractable obstacles and clever tactics for dealing with those obstacles. The penguins offer an inspiring model as we all struggle to adapt to new circumstances.</p> <p>Our Iceberg Is Melting is based on John Kotter's pioneering research into the eight steps that can produce needed change in any sort of group. After finishing the story, you'll have a powerful framework for influencing your own team, no matter how big or small.</p> <p>This tenth anniversary edition preserves the text of the timeless story, together with new illustrations, a revised afterword, and a Q&amp;A with the authors about the responses they've gotten over the past decade. Prepare to be both enlightened and delighted, whether you're already a fan of this classic</p>	<p><a href="#">Book</a></p> <p><a href="#">Blinkist</a></p> <p><a href="#">Summary</a></p> <p><a href="#">Animated Summary</a> (9:56)</p> <p><a href="#">John Kotter Intro</a> (5:35)</p> <p><a href="#">Audiobook Sample</a> (4:40)</p> <p><a href="#">Audio Summary</a> (17:58)</p> <p><a href="#">Article (EdWeek)</a></p> <p><a href="#">Article (Linkedin)</a></p>

	fable or are discovering it for the first time.	<a href="#">Group Activities for Students</a>
		<a href="#">Official Site</a>
<p>The Biggest Bluff: How I Learned to Pay Attention, Master Myself, and Win (Maria Konnikova)</p> 	<p>“The tale of how Konnikova followed a story about poker players and wound up becoming a story herself will have you riveted, first as you learn about her big winnings, and then as she conveys the lessons she learned both about human nature and herself.” —The Washington Post</p> <p>It's true that Maria Konnikova had never actually played poker before and didn't even know the rules when she approached Erik Seidel, Poker Hall of Fame inductee and winner of tens of millions of dollars in earnings, and convinced him to be her mentor. But she knew her man: a famously thoughtful and broad-minded player, he was intrigued by her pitch that she wasn't interested in making money so much as learning about life. She had faced a stretch of personal bad luck, and her reflections on the role of chance had led her to a giant of game theory, who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can't. And she certainly brought something to the table, including a Ph.D. in psychology and an acclaimed and growing body of work on human behavior and how to hack it. So Seidel was in, and soon she was down the rabbit hole with him, into the wild, fiercely competitive, overwhelmingly masculine world of high-stakes Texas Hold'em, their initial end point the following year's World Series of Poker.</p> <p>But then something extraordinary happened. Under Seidel's guidance, Konnikova did have many epiphanies about life that derived from her new pursuit, including how to better read, not just her opponents but far more importantly herself; how to identify what tilted her into an emotional state that got in the way of good decisions; and how to get to a place where she could accept luck for what it was, and what it wasn't. But she also began to win. And win. In a little over a year, she began making earnest money from tournaments, ultimately totaling hundreds of thousands of dollars. She won a major title, got a sponsor, and got used to being on television, and to headlines like "How one writer's book deal turned her into a professional poker player." She even learned to like Las Vegas.</p> <p>But in the end, Maria Konnikova is a writer and student of human behavior, and ultimately the point was to render her incredible journey into a container for its invaluable lessons. The biggest bluff of all, she learned, is that skill is enough. Bad cards will come our way, but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch, until the luck once again breaks our way.</p>	<p><a href="#">Book</a></p> <p><a href="#">Audio Summary</a> (20:58)</p> <p><a href="#">Maria Intro 1</a> (3:29)</p> <p><a href="#">Maria Intro 2</a> (4:42)</p> <p><a href="#">TED Talk</a> (14:05)</p> <p><a href="#">Mastering Odds</a> (12:10)</p> <p><a href="#">Audiobook Excerpt</a> (5:00)</p> <p><a href="#">Interview</a> (1:01:44)</p> <p><a href="#">Official Site</a></p>

<p>Immunity to Change (Robert Kegan and Lisa Lahey)</p> 	<p>Unlock your potential and finally move forward.</p> <p>A recent study showed that when doctors tell heart patients they will die if they don't change their habits, only one in seven will be able to follow through successfully. Desire and motivation aren't enough: even when it's literally a matter of life or death, the ability to change remains maddeningly elusive.</p> <p>Given that the status quo is so potent, how can we change ourselves and our organizations?</p> <p>In Immunity to Change, authors Robert Kegan and Lisa Lahey show how our individual beliefs--along with the collective mind-sets in our organizations--combine to create a natural but powerful immunity to change. By revealing how this mechanism holds us back, Kegan and Lahey give us the keys to unlock our potential and finally move forward. And by pinpointing and uprooting our own immunities to change, we can bring our organizations forward with us.</p> <p>This persuasive and practical book, filled with hands-on diagnostics and compelling case studies, delivers the tools you need to overcome the forces of inertia and transform your life and your work.</p>	<p><a href="#">Book</a></p> <p><a href="#">Short Article</a></p> <p><a href="#">Research</a></p> <p><a href="#">Summary 1</a></p> <p><a href="#">Summary 2</a></p> <p><a href="#">Robert Presentation</a> (14:02)</p> <p><a href="#">Immunity to Change</a> (3:34)</p> <p><a href="#">Immunity to Change Process</a> (7:09)</p> <p><a href="#">How to Create Lasting Change</a> (5:13)</p> <p><a href="#">Audio Interview</a> (1:07:18)</p> <p><a href="#">Official Resources</a></p>
<p>Mindset (Carol Dweck)</p>	<p>From the renowned psychologist who introduced the world to “growth mindset” comes this updated edition of the million-copy bestseller—featuring transformative insights into redefining success, building lifelong resilience, and supercharging self-improvement.</p> <p>“Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes</p>	<p><a href="#">Book</a></p> <p><a href="#">Summary</a></p> <p><a href="#">HBR Article</a></p>

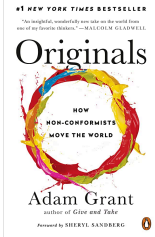


	<p>“It’s not always the people who start out the smartest who end up the smartest.”</p> <p>After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment.</p> <p>In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.</p>	<a href="#">Edweek Article</a>
		<a href="#">Article</a>
		<a href="#">Animated Summary 1</a> (7:22)
		<a href="#">Animated Summary 2</a> (6:36)
		<a href="#">Stanford Presentation 1</a> (14:29)
		<a href="#">Stanford Presentation 2</a> (9:37)
		<a href="#">Google Presentation</a> (47:25)
		<a href="#">TED Talk</a> (10:24)
		<a href="#">Fixed v Growth Mindsets</a>
		<a href="#">Article Interview</a>
		<a href="#">Podcast Episode</a>
		<a href="#">About Carol Dweck</a>



		<a href="#">Growth Mindset Institute &amp; Resources</a>
		<a href="#">Official Site</a>
<p>Switch: How to Change Things When Change is Hard (Dan and Chip Heath)</p>	<p>Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives?</p> <p>The primary obstacle is a conflict that's built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind - that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort - but if it is overcome, change can come quickly.</p> <p>In Switch, the Heaths show how everyday people - employees and managers, parents and nurses - have united both minds and, as a result, achieved dramatic results:</p> <ul style="list-style-type: none"> <li>• The lowly medical interns who managed to defeat an entrenched, decades-old medical practice that was endangering patients</li> <li>• The home-organizing guru who developed a simple technique for overcoming the dread of housekeeping</li> <li>• The manager who transformed a lackadaisical customer-support team into service zealots by removing a standard tool of customer service</li> </ul> <p>In a compelling, story-driven narrative, the Heaths bring together decades of counterintuitive research in psychology, sociology, and other fields to shed new light on how we can effect transformative change. Switch shows that successful changes follow a pattern, a pattern you can use to make the changes that matter to you, whether your interest is in changing the world or changing your waistline.</p>	<a href="#">Book</a>
		<a href="#">Blinkist</a>
		<a href="#">Book Summary 1</a>
		<a href="#">Book Summary 2</a>
		<a href="#">Animated Summary 1 (7:58)</a>
		<a href="#">Animated Summary 2 (7:54)</a>
		<a href="#">Switch in 16 mins by Dan Heath (16:19)</a>
		<a href="#">Why Change is So Hard (4:02)</a>
		<a href="#">Official Resources</a>



<p>Originals: How Non-Conformists Move the World (Adam Grant)</p> 	<p>The number one New York Times best seller that examines how people can champion new ideas in their careers and everyday life - and how leaders can fight groupthink, from the author of Think Again and co-author of Option B.</p> <p>With Give and Take, Adam Grant not only introduced a landmark new paradigm for success but also established himself as one of his generation's most compelling and provocative thought leaders. In Originals he again addresses the challenge of improving the world, but now from the perspective of becoming original: choosing to champion novel ideas and values that go against the grain, battle conformity, and buck outdated traditions. How can we originate new ideas, policies, and practices without risking it all?</p> <p>Using surprising studies and stories spanning business, politics, sports, and entertainment, Grant explores how to recognize a good idea, speak up without getting silenced, build a coalition of allies, choose the right time to act, and manage fear and doubt; how parents and teachers can nurture originality in children; and how leaders can build cultures that welcome dissent. Learn from an entrepreneur who pitches his start-ups by highlighting the reasons not to invest, a woman at Apple who challenged Steve Jobs from three levels below, an analyst who overturned the rule of secrecy at the CIA, a billionaire financial wizard who fires employees for failing to criticize him, and a TV executive who didn't even work in comedy but saved Seinfeld from the cutting-room floor. The payoff is a set of groundbreaking insights about rejecting conformity and improving the status quo.</p>	<p><a href="#">Book</a></p> <p><a href="#">Blinkist</a></p> <p><a href="#">Written Summary w/Visuals</a></p> <p><a href="#">In-depth Summary</a></p> <p><a href="#">Visuals</a></p> <p><a href="#">Animated Summary (11:51)</a></p> <p><a href="#">Ted Talk on Original Thinkers (15:24)</a></p> <p><a href="#">Psychology of Original Thinking (6:21)</a></p> <p><a href="#">Adam on the Book (30:57)</a></p> <p><a href="#">Adam Speaking (59:50)</a></p> <p><a href="#">Official Resources + Discussion Guide</a></p>
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## 2. Video Clips

Title	Description	Length
<a href="#">The Martian Hexadecimal Scene</a>	Mark Watney (Matt Damon) is an astronaut marooned on Mars. In this scene he must figure out how to communicate with NASA. First he builds a binary message sending device which succeeds in regaining communications with NASA. After that, he improves his device so he can send more complicated messages.	4:40
<a href="#">MacGyver Clip</a>	You've got to have a MacGyver clip if you're talking about adaptability.  MacGyver and his friend are trapped by bad guys and the rest is history.	4:01
<a href="#">Apollo 13 (1995) - A New Mission Scene (5/11)</a>	Apollo 13 - A New Mission: Kranz (Ed Harris) and his team toss out the flight plan to focus on the astronauts' safe return.	2:07
<a href="#">Apollo 13 (1995) - Failure Is Not an Option Scene (6/11)</a>	Apollo 13 - Failure Is Not an Option: Aaron (Loren Dean) insists the module conserve its power; Kranz (Ed Harris) is determined not to lose an American in space.	2:09
<a href="#">Apollo 13 (1995) - Square Peg in a Round Hole Scene (7/11)</a>	Apollo 13 - Square Peg in a Round Hole: Kranz (Ed Harris) charges his team with a task: to make a square cartridge compatible with a round one.	1:15
<a href="#">Work Together and Survive   Gladiator</a>	Warning, violence meriting an R rating. Editing recommended for public viewing. Maximus (Russell Crowe) uses his military skills to lead his team to an unexpected victory at The Colosseum in Rome. Gladiator (2000) Commodus takes over power and demotes Maximus, one of the preferred generals of his father, Emperor Marcus Aurelius. As a result, Maximus is relegated to fighting till death as a gladiator.	4:58
<a href="#">The Power of Teamwork - Animation Shorts</a>	(Funny clip.) Groups of penguins, ants, and crabs effectively and creatively collaborate to face obstacles together.	1:22
<a href="#">About Time   The Secret Formula for Happiness</a>	If you could start each day over to notice all the little things that make life worth living, would you? Here's one way that could play out, from About Time.	5:22

### 3. Articles

Title	Description	Date
<a href="#">How adaptability helps you 'bounce forwards' at work</a>	Getting familiar with the idea of adaptability, as well as learning how to strengthen it, is key to helping you get ahead at work.	Sep 2022
<a href="#">Creative Adaptability: Conceptual Framework, Measurement, and Outcomes in Times of Crisis</a>	This article presents the framework and explores the measurement, correlates, and outcomes of creative adaptability (CA), proposed here as the cognitive-behavioral-emotional ability to respond creatively and adaptively to stressful situations. Data collection was in April 2020, during the peak of the outbreak of the Coronavirus pandemic (COVID-19) in Israel. In Study 1, a sample of 310 adults completed the newly developed CA scale, as well as spontaneity, openness to experience, creative self-efficacy, and well-being measurements. The results of exploratory and confirmatory factor analyses corroborated the 9-item CA scale's theorized underlying construct. The scale's validity and reliability were also supported. Exploratory analyses suggested that the association between CA and well-being was mediated by creative self-efficacy and that CA may buffer the impact of individuals' concern about Coronavirus on their well-being. In Study 2, short-term longitudinal data based on a sample of 71 students suggested that CA may predict lower psychological stress over time. Support for the CA scale's internal consistency reliability was obtained and its test-retest reliability was established. Overall, the results shed light on this new construct as a potential protective factor. Implications for theory, research, and practice are discussed.	Jan 2021
<a href="#">How Well Do You Handle Change? The Benefits of Being Adaptable</a>	<p>Workplace uncertainty skyrocketed when the pandemic forced businesses to go remote and "make it work." Companies and employees have experienced changing workforces, budgetary shifts and new technology curves in recent years. While you can't control most of these challenging developments, you can control how you react to them.</p> <p>Being adaptable when faced with change has advantages personally and professionally. By leveraging adaptability, you can face any problematic changes that come your way with grace, determination and rationality.</p>	Sep 2022
<a href="#">Future proof: Solving the 'adaptability paradox' for the long</a>	Just when leaders need fresh thinking and decisiveness, they tend to fall back on tried-and-true ways. Five actions can transform your relationship with uncertainty and help you thrive.	Not available

<a href="#">term</a>		
<a href="#">Adaptability: The New Competitive Advantage</a>	<p>Traditional approaches to strategy assume that the world is relatively stable and predictable. But globalization, new technologies, and greater transparency have combined to upend the business environment. In this period of risk and uncertainty, more and more managers are finding competitive advantage in organizational capabilities that foster rapid adaptation. Instead of being really good at doing some particular thing, companies must be really good at learning how to do new things.</p> <p>Those that thrive are quick to read and act on weak signals of change. They have worked out how to experiment rapidly and frequently not only with products and services but also with business models, processes, and strategies. They have acquired the skills to manage complex multi stakeholder systems in an increasingly interconnected world. And, perhaps most important, they have learned to unlock their greatest resource: the people who work for them.</p>	Aug 2011
<a href="#">First comes the workforce: The human-centric future of work</a>	<p>Sixty per cent of workers across Europe claim to have had no major difficulty adapting to COVID-19–inflicted changes, according to Deloitte’s European Workforce Survey. It is a reassuring finding, but it should do more than just bring relief. Organisations should examine the responses of their workforces. What were their coping mechanisms? What brought them success in the face of the pandemic’s ever-present and evolving threat?</p> <p>By gleaning insights from individuals, it is possible also to glimpse a future of work framework that could achieve the same kind of resilience and adaptability. We have already learnt lessons that can be applied to overhauling organisational strategies and setting the stage for success.</p>	Jan 2021

#### 4. Podcasts

Title	Description	Link
<a href="#">How I Built This with Guy Raz</a>	Guy Raz interviews the world’s best-known entrepreneurs to learn how they built their iconic brands. In each episode, founders reveal deep, intimate moments of doubt and failure, and share insights on their eventual success. How I Built This is a master-class on innovation, creativity, leadership and how to navigate challenges of all kinds.	50 mins

<a href="#">The Tim Ferriss Show</a>	<p>The Tim Ferriss Show is often the #1 business podcast on all of Apple Podcasts, and it's been ranked #1 out of 500,000+ podcasts on many occasions. It is the first business/interview podcast to pass 100,000,000 downloads, it has been selected as "Best of" Apple Podcasts for three years running, and readers of Fortune Magazine's Term Sheet recently selected The Tim Ferriss Show as their top business podcast. It has now surpassed 900M downloads.</p> <p>Past guests include Hugh Jackman, Dr. Jane Goodall, Neil Gaiman, Jerry Seinfeld, Arnold Schwarzenegger, Madeleine Albright, LeBron James, Margaret Atwood, Elizabeth Gilbert, Mark Zuckerberg, Ray Dalio, Michael Lewis, Doris Kearns Goodwin, Jocko Willink, Bill Burr, Kevin Hart, Edward Norton, Tony Robbins, Maria Sharapova, Jamie Foxx, Maria Popova, Peter Thiel, Marc Andreessen, Dr. Peter Attia, Malcolm Gladwell, Vince Vaughn, Terry Crews, Rick Rubin, Reid Hoffman, Brené Brown, Dr. Gabor Maté, Naval Ravikant, Anne Lamott, Matthew McConaughey, Sarah Silverman, Dr. Andrew Huberman, and 600+ more.</p> <p>Each episode, I deconstruct world-class performers from eclectic areas (investing, sports, business, art, etc.) to extract the tactics, tools, and routines you can use. This includes favorite books, morning routines, exercise habits, time-management tricks, and much more.</p> <p>Aside from promo impact (often bigger than full-page NYT, WSJ, or Esquire coverage, or primetime CNN), guests enjoy the show because it's friendly, long-form, and they have final cut before audio is published. This leads to extremely open, raw interviews and — paradoxically — fewer edits. Here is a good overview from The Observer: "How Tim Ferriss Became The 'Oprah of Audio'"</p> <p>Salon has included the podcast in their list of "suggestions to make you remember the world can be a good place." It's about positive tactics you can use, not "gotchas" or other B.S.. The Internet has enough of that, and I wanted to do something to reverse the trend.</p>	
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## 5. Classes / Events

Title	Description	Notes
<a href="#">Adaptability and Resiliency Offered by UC Davis</a>	<p>To survive in today's constantly changing business landscape requires being comfortable in uncertainty. Adaptability is what allows people and businesses to solve problems, overcome challenges and move back from the edge of attrition to the more stable ground of relevance.</p>	<p>Free</p>

	<p>Adaptability is everything. — Jeff Boss, Forbes</p> <p>Adaptability refers to your ability change your actions, course, or approach in order to suit different conditions or environments. Adaptability implies a sense of personal choice, of purposefully navigating—rather than being driven by—changing circumstances.</p> <p>Resilience is the capacity to recover quickly from difficulties. Resilience gives you the ability to bounce forward with new insights and learning you can carry into the future.</p> <p>Both adaptability and resilience include the ability to assess an evolving situation from multiple perspectives, to shift thinking and viewpoint, and to choose the best response. Adaptable people flourish amidst chaos while inflexible people flounder. Adaptable people find openings in situations where others only see closure. This 4-module course will give you knowledge and tools to become more adaptable and resilient in your workplace and in your life.</p>	
<a href="#">10 Training Courses To Improve Adaptability and Flexibility Skills</a>	We've created a list of training courses to improve adaptability and flexibility skills, both of which are vital in surviving today's ever-changing work landscape. Read on to discover some tips and strategies on how to become more adaptable and flexible at work and develop a growth and change mindset.	Most are Free

## 6. Other Resources

Title	Description	Link
8 Change Management Exercises to Try	<p>When you introduce a change like a merger or new technology, employees are often uncertain and anxious. How would this change impact their jobs? Will they be able to adapt to change?</p> <p>Spencer Johnson has rightly said in 'Who Moved My Cheese?', "what you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists."</p> <p>As a change practitioner, you can help your employees overcome this fear and resistance</p>	<a href="#">Link</a>



	of change by planning a few change management exercises before implementing the change.	
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## 7. Quotes

1. It is not the strongest of the species that survive, nor the most intelligent, but the ones most responsive to change. –Charles Darwin
2. Your life does not get better by chance, it gets better by change. –Jim Rohn
3. You have power over your mind—not outside events. Realize this, and you will find strength. —Marcus Aurelius
4. I have not failed. I've just found 10,000 ways that won't work. —Thomas Edison
5. In the middle of a difficulty lies opportunity. —Albert Einstein
6. It's your reaction to adversity, not the adversity itself, that determines how your life's story will develop. -Dieter Friedrich Uchtdorf
7. Be flexible, but stick to your principles. -Eleanor Roosevelt
8. We are stubborn on vision. We are flexible on details. -Jeff Bezos
9. The best leaders don't know just one style of leadership - they're skilled at several, and have the flexibility to switch between styles as the circumstance dictates. -Daniel Goleman
10. Flexibility is the key to stability. -John Wooden
11. Let no one think that flexibility and a predisposition to compromise is a sign of weakness or a sell-out. -Paul Kagame
12. An effective leader allows exceptions to the rule for exceptional results or when circumstance demands. -John Wooden
13. Leaders honor their core values, but they are flexible in how they execute them. -Colin Powell
14. Be clear about your goal but be flexible about the process of achieving it. -Brian Tracy
15. Write your goals in concrete and your plans in sand. -Anonymous
16. We can't solve problems by using the same kind of thinking we used when we created them. -Einstein
17. We will either find a way or make one. -Hannibal Barca
18. Change what you can, manage what you can't. -Raymond McCauley
19. Intelligence is the handmaiden of flexibility and change. -Vernor Vinge
20. Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. -Thomas Edison
21. The wise adapt themselves to circumstances, as water moulds itself to the pitcher. –Chinese Proverb

22. I cannot say whether things will get better if we change; what I can say is they must change if they are to get better. –Georg C. Lichtenberg
23. Change is the law of life. And those who look only to the past or present are certain to miss the future. –John F. Kennedy
24. And the most successful people are those who accept, and adapt to constant change. This adaptability requires a degree of flexibility and humility most people can't manage. –Paul Lutus
25. Enjoying success requires the ability to adapt. Only by being open to change will you have a true opportunity to get the most from your talent. –Nolan Ryan
26. Adapt or perish, now as ever, is nature's inexorable imperative. –H. G. Wells
27. If you're not stubborn, you'll give up on experiments too soon. And if you're not flexible, you'll pound your head against the wall and you won't see a different solution to a problem you're trying to solve. –Jeff Bezos
28. There can be no life without change, and to be afraid of what is different or unfamiliar is to be afraid of life. –Theodore Roosevelt
29. Those who cannot change their minds cannot change anything. –George Bernard Shaw
30. Stay committed to your decisions, but stay flexible in your approach. It's the end you're after. –Anthony Robbins
31. Intelligence is the ability to adapt to change. –Stephen Hawking
32. You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend. –Bruce Lee
33. Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself. –Jelaluddin Rumi
34. When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether or not to accept our destiny. –Paulo Coelho
35. We cannot direct the wind, but we can adjust the sails. –Dolly Parton
36. Change before you have to. –Jack Welch
37. The strongest will is the will that knows how to bend. –Alice Duer Miller
38. When something goes wrong in your life, just yell 'Plot Twist' and move on. –Anonymous
39. It is not the strongest or the most intelligent who will survive but those who can best manage change. –Leon C. Megginson
40. The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. —George Bernard Shaw
41. When I let go of what I am, I become what I might be. –Lao Tzu
42. "The willingness to experiment with change may be the most essential ingredient to success at anything" –Pat Summit
43. "Old ways won't open new doors." –Jerry Fequiere

44. "Whenever you see a successful business, someone once made a courageous decision." -Peter F. Drucker
45. "Concentrate on *what* will produce results rather than on results, the process rather than the prize." -Bill Walsh
46. "Champions avoid the comfort zone, because they know this is a place where dreams die." -Unknown
47. "Change is inevitable but personal growth is a choice." -Bob Proctor
48. "When you need to innovate, you need collaboration." -Marissa Mayer
49. "The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." -Brian Herbert

## 8. Activity Ideas

Title	Description
<a href="#">10 Change Management Exercises to Improve Adaptability (For Teams)</a>	<p>Is resistance to change an issue in your workplace? If yes, it's time to conduct some change management exercises for your teams.</p> <p>Many employees often say "NO" to change. Is it going to help your organization?</p> <p>Never!</p> <p>We all know that adaptability is the quality of being able to adjust to new conditions. This is a skill your employees must develop in order to deal with change.</p> <p>So, you need your employees to be more adaptable and say "YES" to change.</p> <p>In this article, let's see 10 change management exercises to improve the adaptability skills of your teams.</p>
<a href="#">11 Team Building Games and Activities</a>	<p>There are a variety of reasons why companies use team building activities. They can improve communication, boost morale, motivate, be used as ice breakers and learning effective strategies, improve productivity, and teach people about each other's strengths and weaknesses.</p>
<a href="#">8 Change Management Exercises</a>	<p>When you introduce a change like a merger or new technology, employees are often uncertain and anxious. How would this change impact their jobs? Will they be able to adapt to change?</p>

	<p>Spencer Johnson has rightly said in 'Who Moved My Cheese?', "what you are afraid of is never as bad as what you imagine. The fear you let build up in your mind is worse than the situation that actually exists."</p>
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	<p>As a change practitioner, you can help your employees overcome this fear and resistance of change by planning a few change management exercises before implementing the change.</p>
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