Change is ever-present in our personal and professional lives, and learning how to respond to change is a skill employers deem essential. The ability to be agile, adaptable, and demonstrate flexibility shows open-mindedness and willingness to bend and shift when different objectives are presented. Agility and adaptability are key skills for the future of work.

To learn more about agility & adaptability, check-out these resources.

- **Agile Foundations**
  LinkedIn Learning - 01:35 hrs

- **Cultivating Mental Agility**
  LinkedIn Learning - 00:36 hrs

- **Improve Cognitive Flexibility at Work**
  LinkedIn Learning – 00:32 hrs

- **How to Be an Adaptable Employee During Change and Uncertainty**
  LinkedIn Learning – 00:35 hrs

- **Managing Stress for Positive Change**
  LinkedIn Learning – 00:53 hrs