RIT

Learning Kit: Agility & Adaptability

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

Increase Your Flexible Thinking Skills
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