

The power of adaptability and resilience in the labour market

In an ever-changing world, characterised by rapid and unpredictable change, it is essential to develop adaptability and resilience skills to adapt effectively to new challenges and unforeseen situations.

Balance in the face
of tension

- To manage effectively negative thoughts and maintain your cognitive capacity to solve problems
- To make the right decisions without making mistakes that could affect you or your environment

Challenge commitment

- To accept and meet new challenges, surpass yourself
- To know how to handle with different contexts, tasks, people, jobs

Bounce back, evolve

- To accept and be able to learn and train in new techniques
- To be able and to know how to start afresh or change direction, career plan

Meaning evaluation

- To assess a context, but also the meaning and impact of your actions, so as not to repeat the same mistakes
- To define priorities and prioritise actions that make sense both individually and collectively

Creation, inventivity

- To look back on the means and strengths used to overcome a situation and and draw on them to be creative and inventive y
- To evolve, change, adjust to take on new, inspired and creative projects

The ability to bounce back from adversity creates an environment conducive to change and adjustment. Adaptability and resilience are essential transversal skills for dealing with the workplace and the job market.