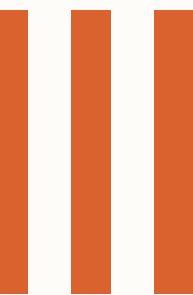





Thriving Through Change Mastering Adaptability and Resilience

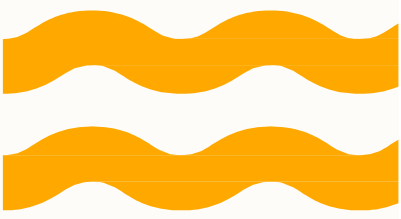




Introduction to Change

In a world where **change** is the only constant, mastering adaptability and **resilience** is crucial. This presentation will explore how to not just survive, but **thrive** through change, transforming challenges into opportunities for growth and innovation.





Understanding Change



Change can be daunting, but it is also a catalyst for progress.

By recognizing the nature of change, we can shift our perspectives and embrace the potential it brings for personal and professional growth.



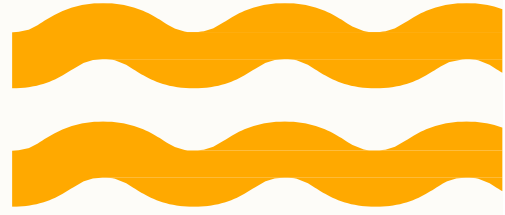
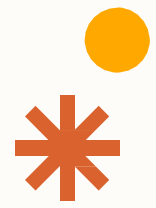


The Power of Adaptability

Being adaptable means being flexible and open to new ideas.

It allows us to respond to unexpected challenges with creativity and resourcefulness, turning obstacles into stepping stones toward success.

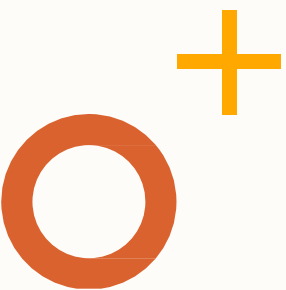
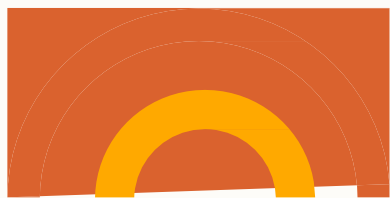


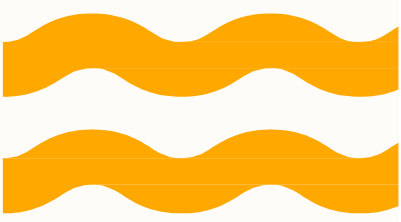


Building Resilience

Resilience is our ability to bounce back from setbacks.

By cultivating a strong mindset and developing coping strategies, we can withstand adversity and emerge even stronger than before.





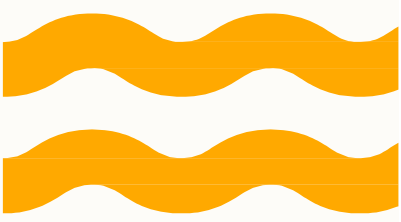
The Role of Mindset



A growth mindset is essential for thriving through change.

By viewing challenges as opportunities for learning and improvement, we can foster resilience and adaptability in ourselves and others.





Embracing Uncertainty



Uncertainty can be unsettling, but it also opens doors to new possibilities.

By embracing the unknown, we can explore innovative solutions and expand our horizons beyond traditional boundaries.



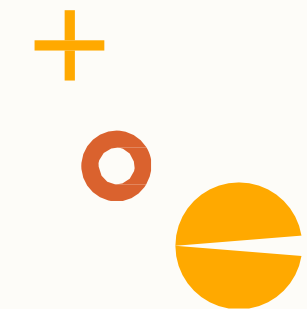
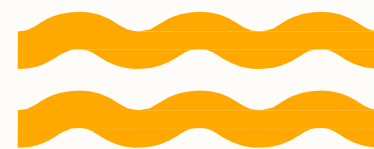


Strategies for Adaptability

To enhance our adaptability, we can adopt strategies such as

- continuous learning,
- seeking feedback, and
- staying open to change.

These practices empower us to navigate transitions with confidence and agility.

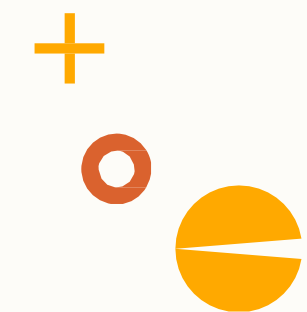
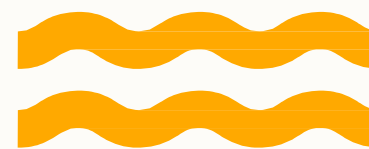




Cultivating a Support Network

A strong support network is vital during times of change.

Surrounding ourselves with positive influences and mentors can provide guidance, encouragement, and new perspectives to help us thrive.

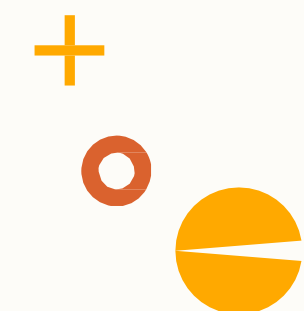




Learning from Failure

Failure is not the end but a stepping stone to success.

By analyzing our setbacks and learning from them, we can develop resilience and refine our approaches to future challenges.



Celebrating Small Wins

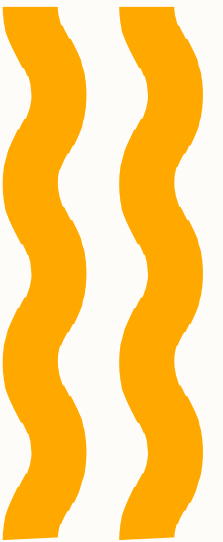
Recognizing and celebrating **small wins** is crucial for maintaining motivation. Each achievement, no matter how minor, contributes to our overall journey and reinforces our ability to adapt and overcome.





Conclusion

Thriving Through Change



In conclusion, mastering **adaptability** and **resilience** equips us to thrive through change. By embracing challenges and fostering a supportive environment, we can transform our lives and achieve our goals with confidence.





Thanks!

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