



Adaptability Self-assessment

We live in an uncertain world that changes rapidly. Successful organisations know this and employ people that can adapt to change quickly. So improving your adaptability will help you succeed in your career and make you an invaluable employee.

But how adaptable are you? Take this self-assessment to find how adaptable you are.

SELF-ASSESSMENT



Adaptability self-assessment

Read the following statements carefully and then mark whether you strongly agree, agree, neither agree nor disagree, disagree or strongly disagree.

Statement	Strongly Agree	Agree	Neither Agree or Disagree	Disagree	Strongly Disagree				
If a solution doesn't work, I can quickly think of a new solution.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I identify potential risks and plan ways to eliminate that risk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I think mistakes teach us how to do things better.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I don't mind using new technologies, tools or techniques to get a job done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I listen attentively when someone gives me feedback, even when it is negative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
If someone in my team has a better solution than me, I am likely to listen to them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
If I make a mistake, I am able to take responsibility for it without blaming others or circumstances.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I face challenges even if I doubt my own abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I add value to my place of work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I see how what I'm doing now is contributing to the bigger picture.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I like thinking of different solutions to a difficult problem and then testing the solutions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I think carefully before I react to something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I can adjust my plans if circumstances change.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
I can stay calm and composed in stressful situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
	<input type="checkbox"/>	+	<input type="checkbox"/>	+	<input type="checkbox"/>	+	<input type="checkbox"/>	+	<input type="checkbox"/>
TOTAL	<input type="checkbox"/>								

Interpret the results

Congratulations on completing the adaptability self-assessment! Your score indicates how well you handle change and uncertainty in various situations. Let's interpret your results.



SCORE 1 - 17

Great Adaptability

If your score falls within this range, you have outstanding adaptability skills. You embrace change, are resilient in the face of challenges, and readily adjust to new circumstances. Your ability to thrive in dynamic environments makes you an invaluable asset to any team or organisation.

Since adaptability is a skill that can be enhanced, have a look at the tips to increase your adaptability:

- Continue seeking out new experiences and challenges to further expand your comfort zone.
- Foster a growth mindset by viewing setbacks as opportunities for learning and personal development.

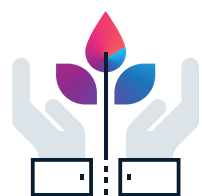
Some courses that can help you on your journey :

[Fundamentals of Business and Systems Analysis](#)

[Management and Development Course](#)

[Digital Transformation](#)

[Data Analysis and Visualisation](#)



SCORE 18 - 35

Sufficient Adaptability

Scoring in this range suggests that you possess a satisfactory level of adaptability. You generally handle change well, but there is room for improvement to become more flexible and open to new ideas. Luckily, adaptability is a skill that you can practise. Have a look at the following tips to help you improve your adaptability:

- Engage in regular self-reflection to identify areas where you can be more adaptable and think more strategically.
- Seek feedback from others to gain insights into how you can adapt and respond to various situations more effectively.

Some courses that can help you on your journey :

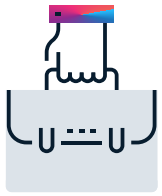
[Strategic and Purpose-Driven Leadership](#)

[Conflict Management](#)

[Diversity and Inclusion](#)

[The Foundations of Risk Management](#)

[Developing Women Leaders](#)



SCORE 36 - 52

Moderate Adaptability

Falling into this range indicates that you have moderate adaptability skills. You may find it challenging to embrace change and may feel overwhelmed by uncertainty at times. That's nothing to worry about because you can enhance your adaptability skill, though it might take a bit more practise and determination. Have a look at the following tips:

- Practise mindfulness techniques to manage stress and anxiety related to change.
- Gradually expose yourself to new situations to build confidence and increase your adaptability over time.
- Ask for support and feedback from your team and collaborate with your colleagues.

Some courses that can help you on your journey :

[Coaching for High Performance](#)

[Power Skills for Team building](#)



SCORE 18 - 35

Insufficient Adaptability

If your score falls within this range, it suggests that you struggle with adapting to change and may experience significant distress in uncertain circumstances. A lot of people struggle to accept change and step out of their comfort zones, so know that you are not alone. Luckily, adaptability is a skill that you can practise and get better at. Here are a few tips to help you:

- Focus on building emotional resilience to cope with the challenges that arise from change.
- Consider seeking support from a coach, mentor, or therapist to work on specific areas hindering your adaptability.

Some courses that can help you on your journey :

[Leading with Impact](#)

[Power Skills Essentials](#)

[Problem Solving and Critical Thinking](#)




Conclusion

Remember that adaptability is a skill that can be developed with practice and effort. Use your self-assessment results as a starting point to work on enhancing your adaptability, which will positively impact various aspects of your personal and professional life. At MasterStart, we offer several courses that can help you become more adaptable, even if you scored high or low. Good luck on your journey of growth and adaptability!



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