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SOFT skills

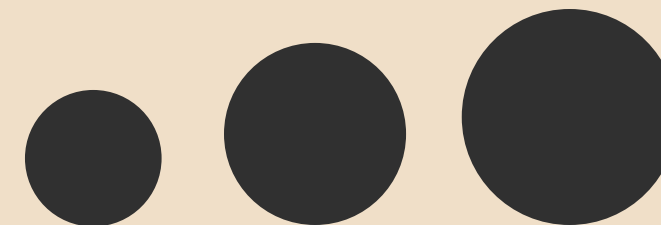
SOFT SKILLS FOR YOUTH EMPLOYMENT



**SOFT SKILLS
FOR YOUTH
EMPLOYMENT**

2022-1-TR01-KA220-YOU-000087078

ADAPTATION





Adaptation



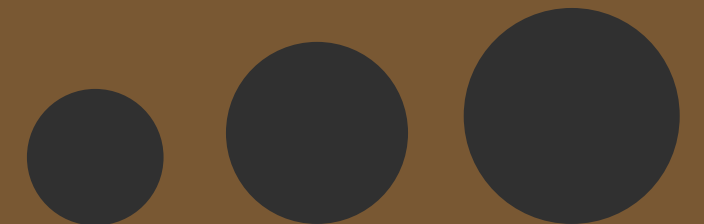
1.5
HOUR



25-30
PARTICIPANTS



- FLIPCHART PAPER AND MARKERS.
- STICKY NOTES.
- COLOURED PENS OR MARKERS.
- INDEX CARDS.
- PRINTOUTS OF DIFFERENT SCENARIOS (RELATED TO ADAPTATION) FOR A GROUP ACTIVITY OR INDIVIDUAL WORK.
- SMALL PRIZES OR REWARDS FOR THE WINNING TEAM.





AIM of the training

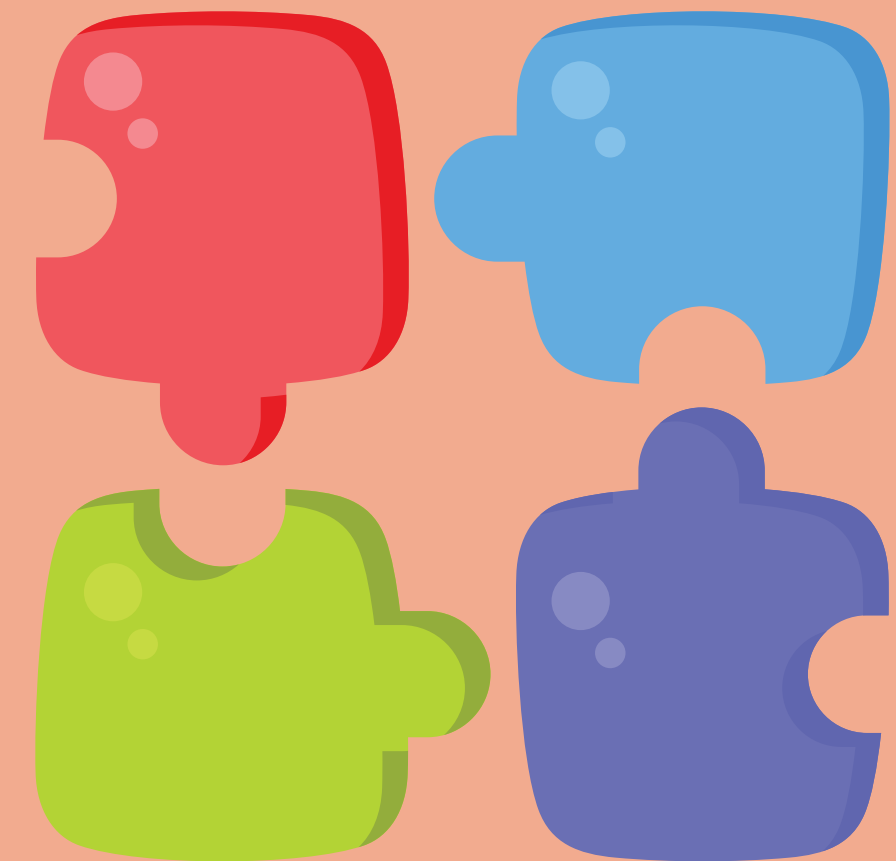


- UNDERSTAND THE CONCEPT OF ADAPTATION AND ITS IMPORTANCE.
- Explore different examples of adaptation in various fields.
- Foster creative thinking and problem-solving skills.
- Encourage participants to reflect on personal experiences of adaptation.
- Promote teamwork and collaboration.



Adaptation

Adaptability is a soft skill that describes a person's capacity to change with their surroundings and still succeed in novel scenarios. It entails learning from experiences, staying open to new concepts, and handling ambiguity skillfully. A highly adaptive individual is resilient and resourceful in a variety of professional and personal contexts because they can quickly adjust their approach, techniques, or perspectives to meet the demands of changing circumstances.





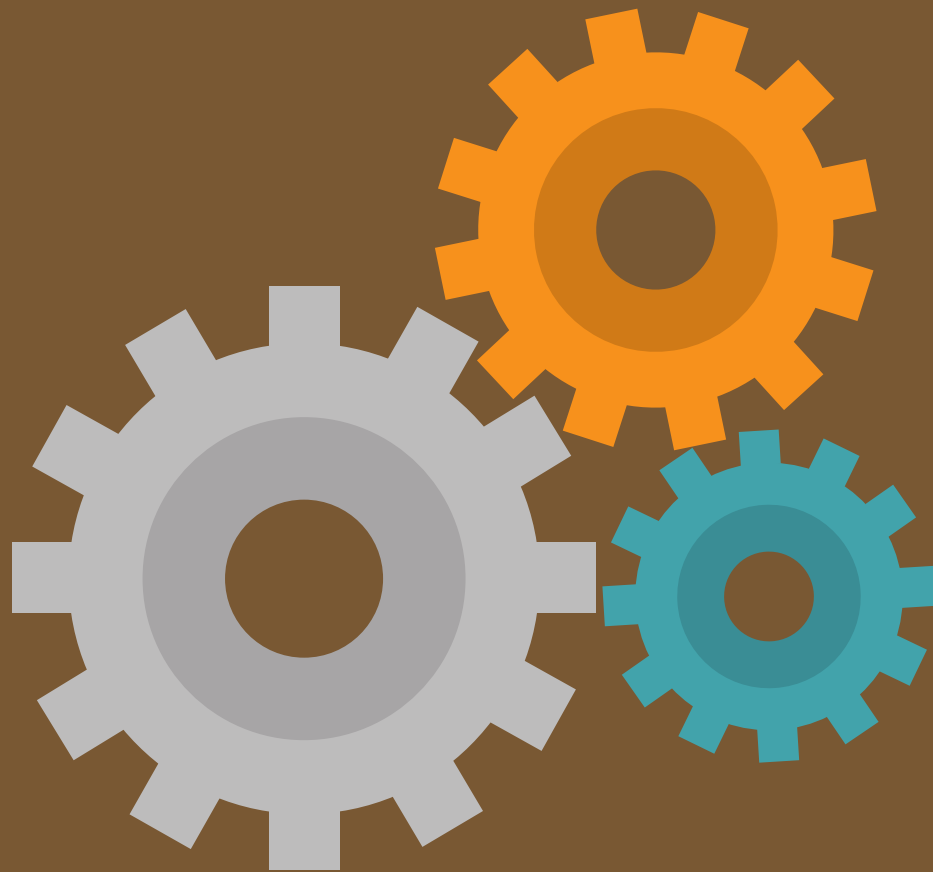
Personal Growth:

ADAPTABILITY AND COPING MECHANISMS

- Aspect of Adaptability - coping strategies and resilience are necessary while dealing with personal obstacles like relationship or life scenario changes.
- Importance - being adaptable enables people to deal with the ups and downs of life, overcome obstacles, and come out stronger.

ACQUIRING KNOWLEDGE AND DEVELOPING SKILLS

- Flexibility Aspect - taking up new interests, learning new skills, and embracing hobbies all require adjusting to novel situations.
- The acquisition of varied skills and knowledge through adaptation fosters a continual learning mentality and personal growth. Therefore, adaptability is deemed important.





Personal Growth:

ADAPTABILITY IN INTERPERSONAL RELATIONSHIPS

- ADAPTABILITY IS NECESSARY TO RECOGNIZE AND TAKE INTO ACCOUNT DIVERSE POINTS OF VIEW IN INTERPERSONAL RELATIONSHIPS.
- IMPORTANCE - HAVING THE ABILITY TO ADAPT IMPROVES EMPATHY, COMMUNICATION, AND CONFLICT RESOLUTION, ALL OF WHICH LEAD TO HAPPIER AND MORE SATISFYING RELATIONSHIPS.

ACCEPTING SHIFTS IN BELIEFS AND VALUES

- FLEXIBILITY ASPECT - PEOPLE MAY NEED TO MODIFY THEIR VALUES AND IDEAS AS THEY MATURE AND CHANGE IN ORDER TO ACCOMMODATE NEW VIEWPOINTS.
- IMPORTANCE - BY MAKING IT EASIER TO ACCEPT AND INCORPORATE CHANGING VALUES AND IDEAS, A FLEXIBLE





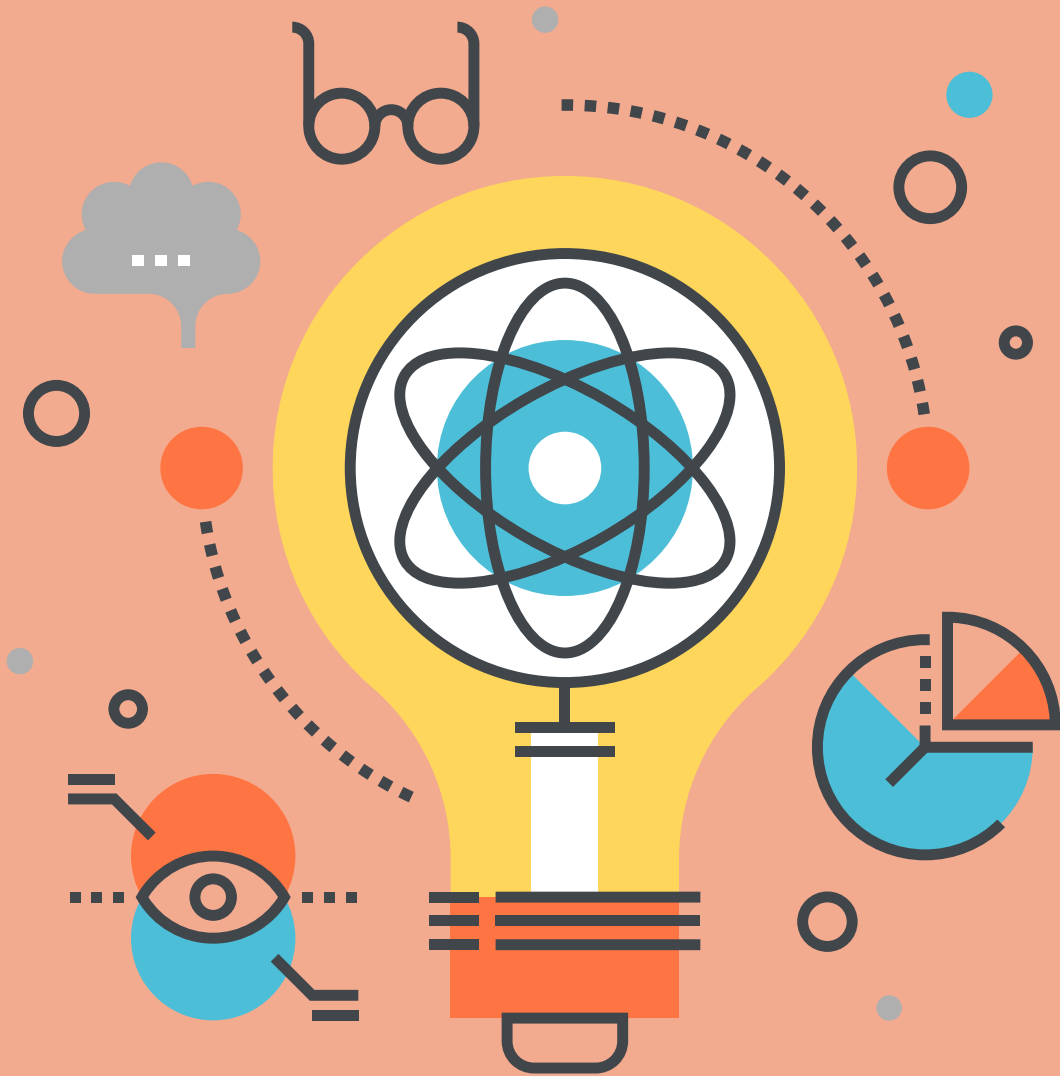
Professional Growth:

PROMOTION IN CAREERS

- Adaptability - since the workplace is always changing, people who can keep up with the latest technological advancements and business trends tend to succeed in their jobs.
- Importance - taking on new tasks, advancing in your profession, and being relevant all depend on your capacity to adapt.

INNOVATION AND PROBLEM-SOLVING

- The capacity to adjust tactics and approaches is a necessary skill for overcoming obstacles in the business.
- Relevance: Flexible workers are excellent at coming up with new ideas and addressing problems, which helps their companies develop and succeed.





DEVELOPMENT OF LEADERSHIP

- ADAPTABILITY ASPECT: ADAPTABLE LEADERS MUST LEAD THEIR TEAMS THROUGH TIMES OF CHANGE.
- IMPORTANCE: ADAPTABLE LEADERS ENCOURAGE SELF-ASSURANCE, CULTIVATE A POSITIVE WORK ENVIRONMENT, AND AID IN THE TEAM MEMBERS' PROFESSIONAL DEVELOPMENT.

ADAPTABILITY IN DUTIES AND POSITIONS

- ASPECT OF ADAPTABILITY: CHANGING POSITIONS AND RESPONSIBILITIES ARE A COMMON PART OF CAREER PATHWAYS.
- RELEVANCE: PROFESSIONALS THAT ARE ADAPTABLE ARE MORE WILLING TO TAKE ON NEW CHALLENGES, DEVELOP NEW SKILL SETS, AND PUT THEMSELVES UP FOR CAREER ADVANCEMENT.

SUCCESSFUL COOPERATION

- ADAPTABILITY: THE ABILITY TO ADJUST TO VARIOUS WORKING STYLES AND METHODS IS NECESSARY WHEN WORKING IN DIVERSE TEAMS.
- RELEVANCE: FLEXIBLE WORKERS ARE EXCELLENT AT COLLABORATING WITH OTHERS, BUILDING A LIVELY AND CREATIVE WORK ATMOSPHERE, AND WORKING IN TEAMS.



Scenarios

- each station, requires brainstorming and coming up with at least three unique adaptations that would help you to survive and thrive in described environment.
- brainstorm for 5-7 minutes and write down your adaptations on a sheet of paper or sticky notes.
- choose another/next station, and repeat the brainstorming process for that new environment.
- continue until you have visited all the stations.



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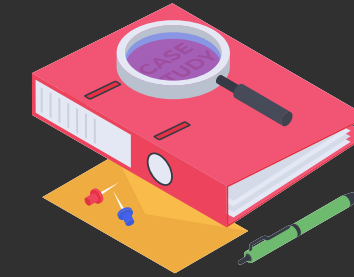
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Scenarios (40 minutes)



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ARCTIC TUNDRA SURVIVAL STATION

Following a snowfall, you wind up stuck in the Arctic Tundra. You have to learn how to adapt to the harsh surroundings, which include well below freezing temperatures, little daylight, and few supplies. Think about finding food, shelter, and a way to remain warm in this freezing environment.

THE DEEP SEA RESEARCH STATION

As a member of an underwater exploration team, you go to extremely deep places where light is not visible. The extreme pressure, total darkness, and poor vision present formidable obstacles. Coming up with ideas for exploring, navigating, and doing research in the deep water is your duty.

Scenarios (40 minutes)



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EXPERIENCE AS A DESERT NOMAD

Imagine yourself stranded in a wide desert with intense heat, few water sources, and vast sand dunes. You'll need to come up with plans to survive and thrive in this harsh environment. Think of how to find or make shelter, secure water, and shield from the sun's rays.

SURVIVING IN THE JUNGLE

You are deep in the heart of a dense jungle, where you must contend with a variety of wildlife, heavy flora, and erratic weather. Your objective is to come up with and put into action plans for safe and efficient navigation, defense against dangers unique to the jungle, and creating a reliable food supply.

Scenarios (40 minutes)



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URBAN CITY RESILIENCE CENTER

There are particular difficulties in adjusting to a fast-paced, crowded, and polluted metropolitan existence. Think about strategies for adjusting to the rigors of city living, tackling problems like waste management, environmentally friendly transportation, and preserving mental health in a metropolitan environment.

LIFE ON SPACE STATION

You experience solitude, scarce supplies, and microgravity as a member of a space station crew. Your task is to come up with ideas for adjusting to living in space, taking into account things like producing artificial gravity, building closed-loop life support systems, and dealing with the psychological effects of prolonged space flight.



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Adaptation in Nature and Science

ADAPTATION IN NATURE

Take a look on the pictures and try to answer the questions:

- What specific adaptations have you noticed in these examples?
- How do these adaptations help organisms or systems thrive?
- Can you think of any other examples of adaptation in nature or science?



Arctic hare



Anglerfish



Viceroy (*Limenitis archippus*)



Peppered moth

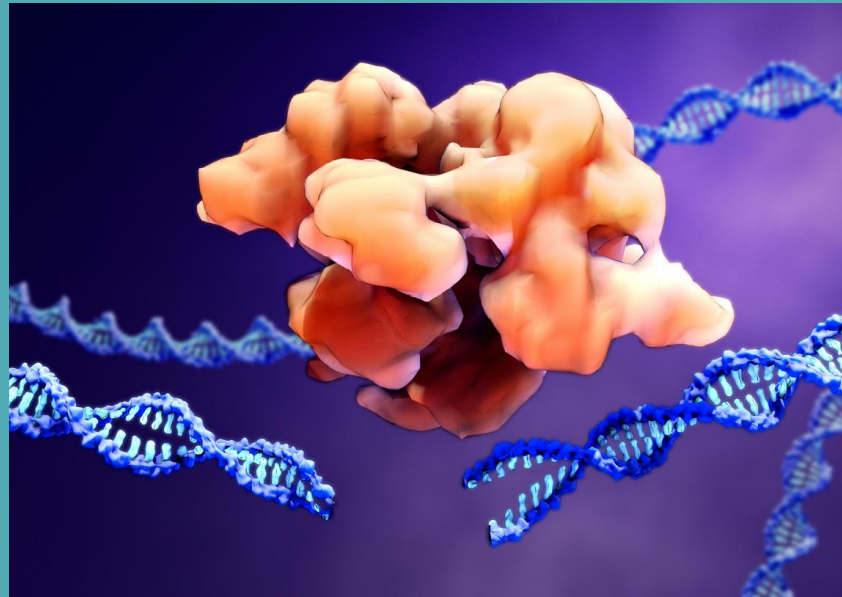




SCIENTIFIC BREAKTHROUGHS

Take a look on the pictures and try to answer the questions:

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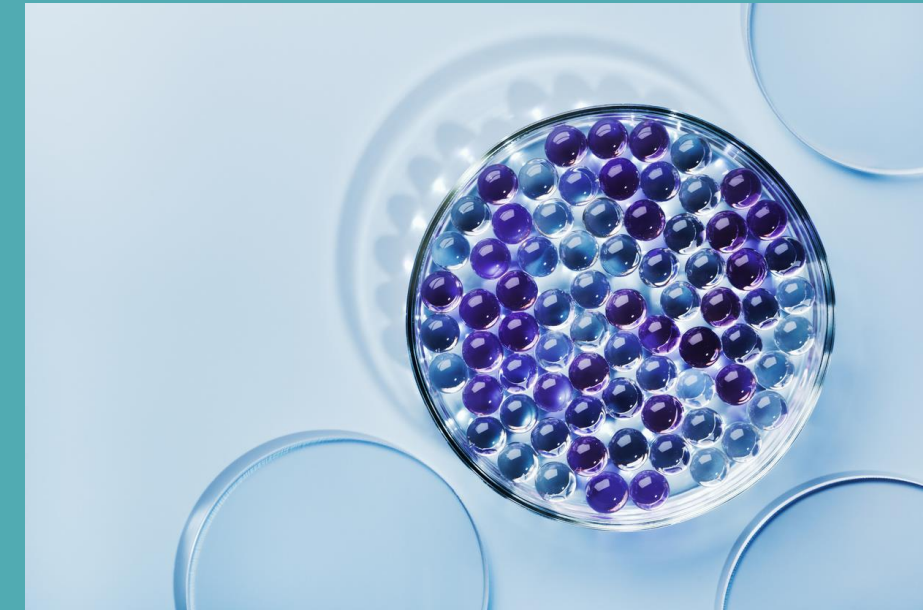
CRISPR-Cas9



Quantum technology



Mars Rover
Perseverance



Liposomal drug deliver





Personal Adaptation Stories

- hand out sticky notes and colored pens/markers
- reflect on personal experiences of adaptation and write down a brief story or example on the sticky notes.
- collect the sticky notes
- think if you would choose different solutions to adapt better



CONCLUSION AND WRAP UP (10 MINUTES)



Summarize the key takeaways from the training.

Emphasizing the value of adaptation

ADAPTATION - USEFULL LINKS



[How to Demonstrate Adaptability in the Workplace](https://peopledynamics.co/how-to-demonstrate-your-adaptability-at-work/) - <https://peopledynamics.co/how-to-demonstrate-your-adaptability-at-work/>

[Coping with Ambiguity: The Key to Success in Today's Workplace](https://www.indeed.com/career-advice/career-development/dealing-with-ambiguity) - <https://www.indeed.com/career-advice/career-development/dealing-with-ambiguity>

[The Importance of Adaptability in the Workplace](https://www.linkedin.com/pulse/importance-adaptability-workplace-ejamjobs) - <https://www.linkedin.com/pulse/importance-adaptability-workplace-ejamjobs>

[How to Demonstrate Adaptability on the Job](https://your.yale.edu/learn-and-grow-what-adaptability-workplace) - <https://your.yale.edu/learn-and-grow-what-adaptability-workplace>

[How to Develop Adaptability Skills in Uncertain Times](https://asana.com/pl/resources/workplace-adaptability-skills)
<https://asana.com/pl/resources/workplace-adaptability-skills>

[How to Adapt to Remote Work: The Ultimate Guide](https://zapier.com/resources/guides/remote-work) - <https://zapier.com/resources/guides/remote-work>



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