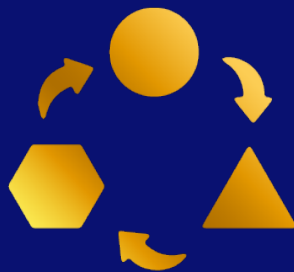




LEADERSHIP EXCELLENCE

TOOLKIT



8

**ADAPT TO
CHANGE**

HOW TO USE THE TOOLKIT

1. Cultivate Key Habits

This toolkit is designed to help you ***cultivate key habits*** to become the leader who inspires, influences, and leaves a permanent impact.

2. Learn from Golden Stars

Each Golden Star has a ***unique Toolkit***.

This is not a stand-alone resource. Use it in ***conjunction*** with the 10 Golden Stars to Leadership Excellence ***Book*** and/or ***Masterclass***.

Maximize this learning opportunity by ***answering*** the questions in the space provided, with ***honesty and self-reflection***.

3. Return to the Toolkit

Use the toolkit as a method to ***monitor your leadership growth***.

Regularly return to this toolkit to ***refresh your knowledge*** and compare past to present.



EVALUATE YOUR RESILIENCE

Reflect on a recent challenge that you overcame.



How did you handle it? How did you bounce back? Write down what you consider to be your strengths, and areas for improvement in reference to resilience.

Consider how you could use these strengths to bolster your resilience.

REFLECT ON YOUR QUOTIENTS

Write down your abilities for each quotient.

For example: I have good logic abilities, and I have empathy.



IQ

EQ

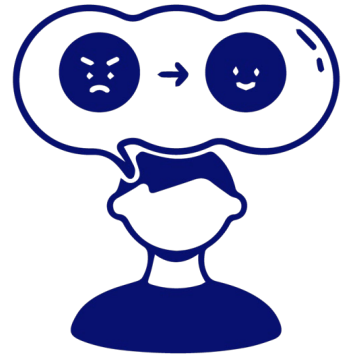
AQ

Identify your strongest and weakest quotient.

Reflect on methods to improve on the weakest quotient.

ASSESS YOUR ADAPTABILITY

Consider a recent situation where you had to adapt quickly.



Did you manage to adapt effectively?

What strategies did you use to adjust to the new situation?

Identify areas where you could enhance your adaptability. Write down specific examples of things you can do differently.

ASSESS YOUR ADAPTABILITY QUOTIENT

Reflect on how you've managed change and uncertainty in the past.



How quickly were you able to adjust your strategy or approach to meet new demands or circumstances?

How might you improve your AQ? Write down specific examples.

LEAD YOUR TEAM THROUGH CHANGE

Think about a time when you led your team through a significant change.



What strategies did you use? Were they effective?

Reflect on what worked well and what didn't. Write down any improvements you could make in the future.

BUILD A CHANGE-READY CULTURE

Assess your team's
readiness for change.



Do they understand the need for change, and are they equipped to handle it?

What steps can you take to build a more change-ready culture?

S

SPECIFIC

M

MEASURABLE

A

ATTAINABLE

R

RELEVANT

T

TIME-BOUND

GOALS

Identify key development areas and set **SMART goals** for each area. For example:

“Over the next four months, I will demonstrate my change management skills by conducting two workshops on change strategies. I will measure the effectiveness of the workshops through post-event surveys that aim for at least 80 per cent positive feedback.”

Outline the steps you will take to achieve these goals, the resources you’ll need, and a timeline. Remember, self-improvement is a continuous journey.