

AQ ABILITY

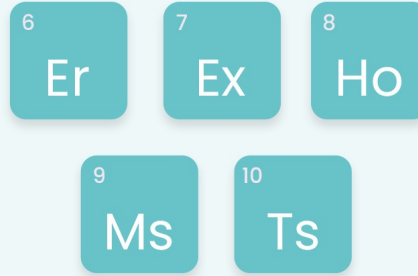
HOW AND TO WHAT DEGREE DO I ADAPT?



1. Grit
2. Mental Flexibility
3. Mindset
4. Resilience
5. Unlearn

AQ CHARACTER

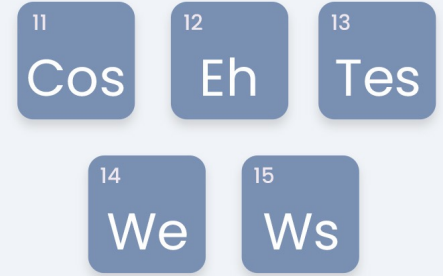
WHO ADAPTS AND **WHY**?



6. Emotional Range
7. Extraversion
8. Hope
9. Motivational Style
10. Thinking Style

AQ ENVIRONMENT

WHEN DOES SOMEONE ADAPT AND TO WHAT DEGREE?



11. Company Support
12. Emotional Health
13. Team Support
14. Work Environment
15. Work Stress