



## Worksheet 1c.A1

### Competency: Flexibility—My Flexibility Quotient

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Reflect on your ability to adapt to changes in your agency. Respond to the following questions:

1. How have your agency's mission, policies, and practices changed since you started?
2. What was it like for you to adapt to these changes? What changes went well? What changes were more challenging for you?
3. What strategies help you to be more flexible when dealing with change?
4. How has the workplace changed since you started working at your agency?
5. What was it like for you to adapt to these changes? What went well? What was more challenging for you?
6. How have your clients changed?
7. What strategies have you employed to stay flexible in order to deal with these changes in clients?
8. What can you do to improve your ability to be flexible?

