

UNSTUCK

**ADAPTING AT/ABOVE
THE PACE OF CHANGE**

Tod Martin

unboundary
Adapt 

UNPRECEDENTED

CONSTANT

CHANGE

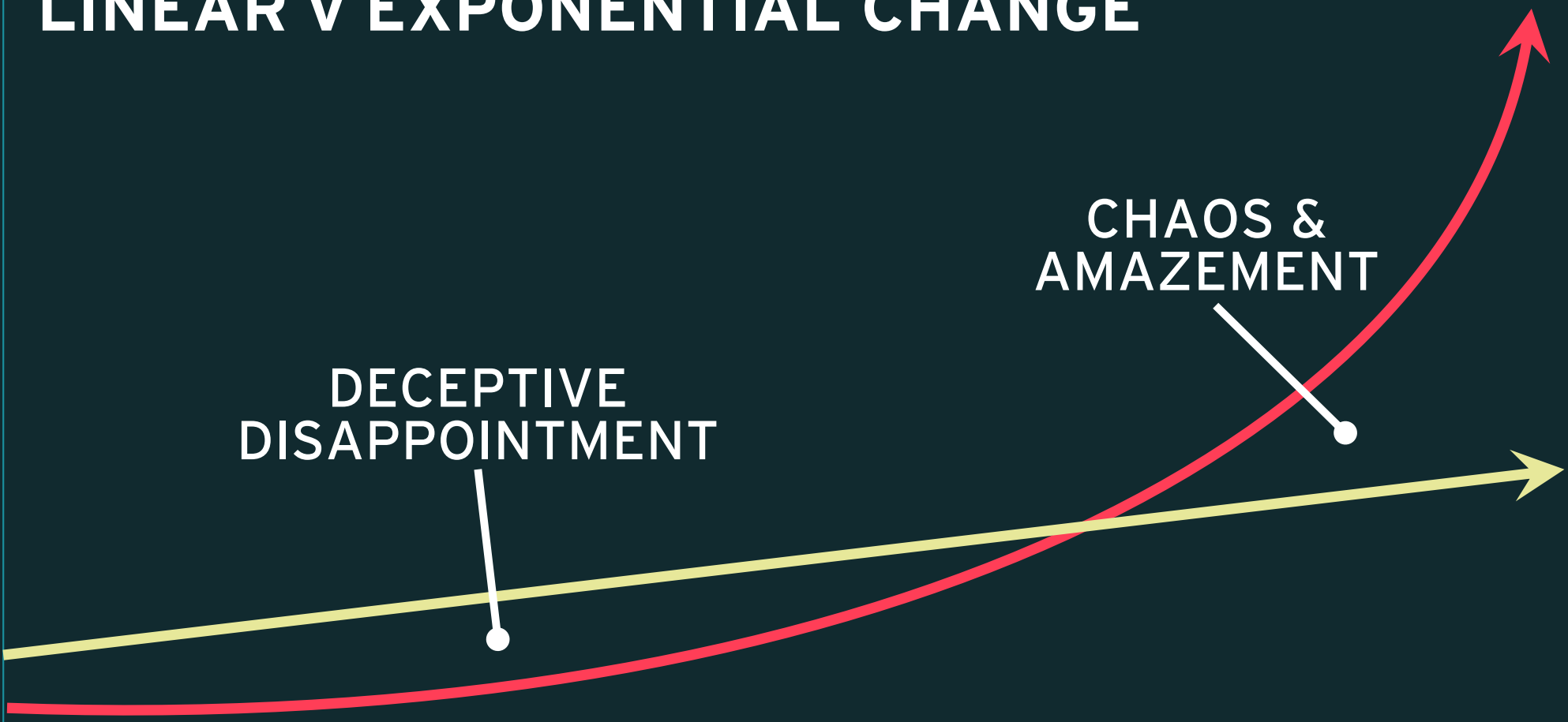
ACCELERATING

EXPONENTIAL

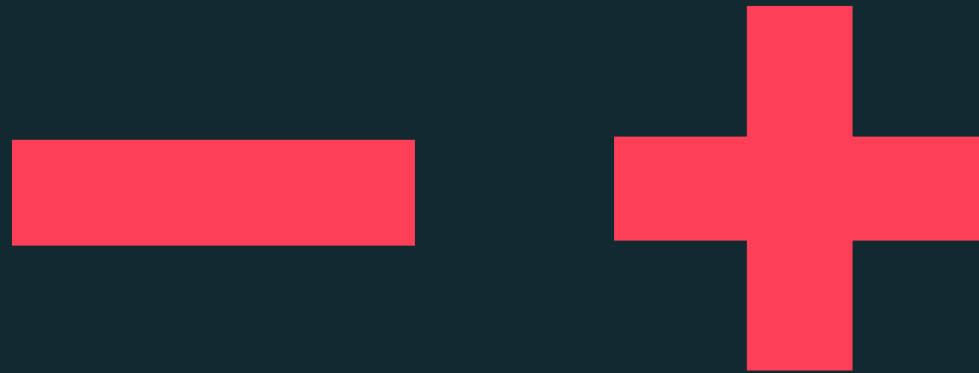
LINEAR v EXPONENTIAL CHANGE

DECEPTIVE
DISAPPOINTMENT

CHAOS &
AMAZEMENT







Humans have a **blind spot** for the possibilities – negative *and* positive – that exponential change holds.

Google Ngram Viewer

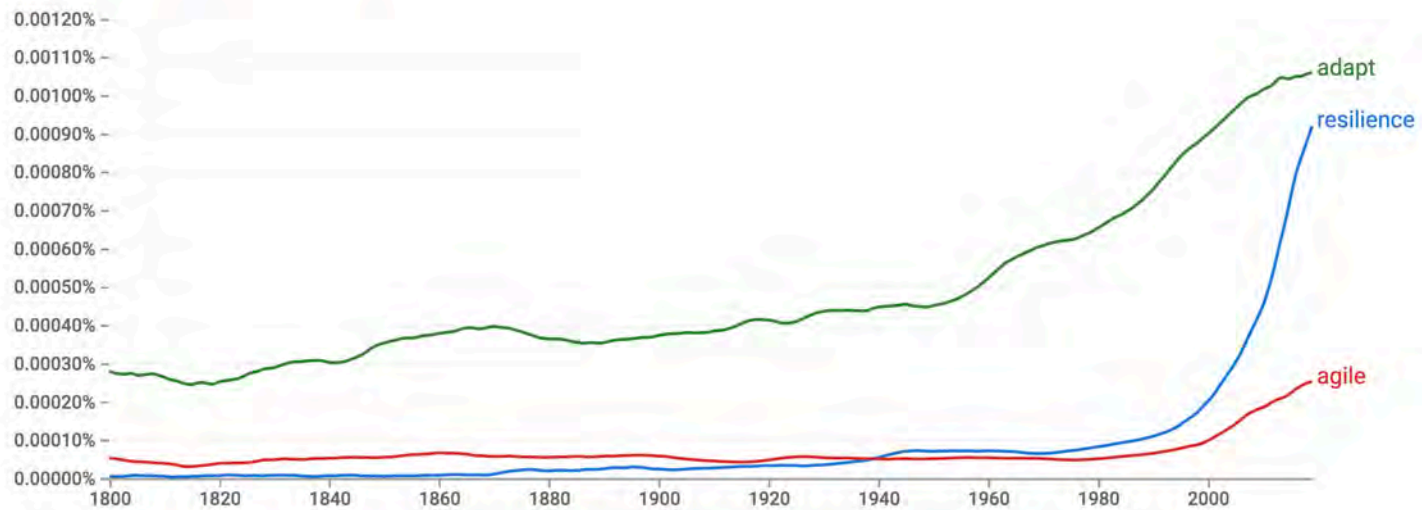
resilience,agile,adapt

1800 - 2019

English (2019)

Case-Insensitive

Smoothing



RESILIENCE \ ri-'zil-yəns \

the psychological quality that allows some people to be knocked down by adversities and come back at least as strong as before

**AGILE \ a-jəl or a-jīl **

**a non-linear approach to complex projects
in which requirements are understood and
embraced as emergent**

ADAPTIVENESS \ ə-'dæp-tiv-nəs \

~~go with the flow... take things as they come;~~

an ability and willingness to change in order to suit different conditions;

the ability to **recognize** and **act** on what matters

ADAPTIVENESS CONTINUUM



"Now what?!?" "What if...?"



GROWING AS GROWN-UPS



COMPLEXITY & MATURITY OF PERSPECTIVE
VERTICAL

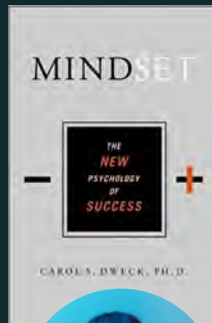
LATERAL

KNOWLEDGE, SKILLS & ABILITIES

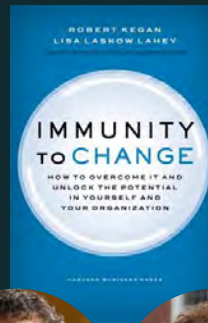
GROWING AS GROWN-UPS



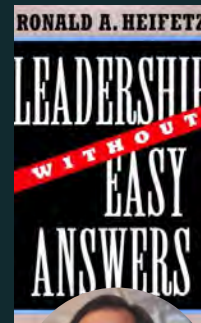
Jean Piaget



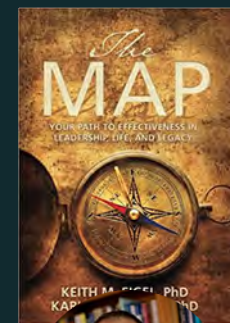
Carol Dweck



Bob Kegan &
Lisa Lahey



Ron Heifetz



Keith Eigel

GROWING AS GROWN-UPS



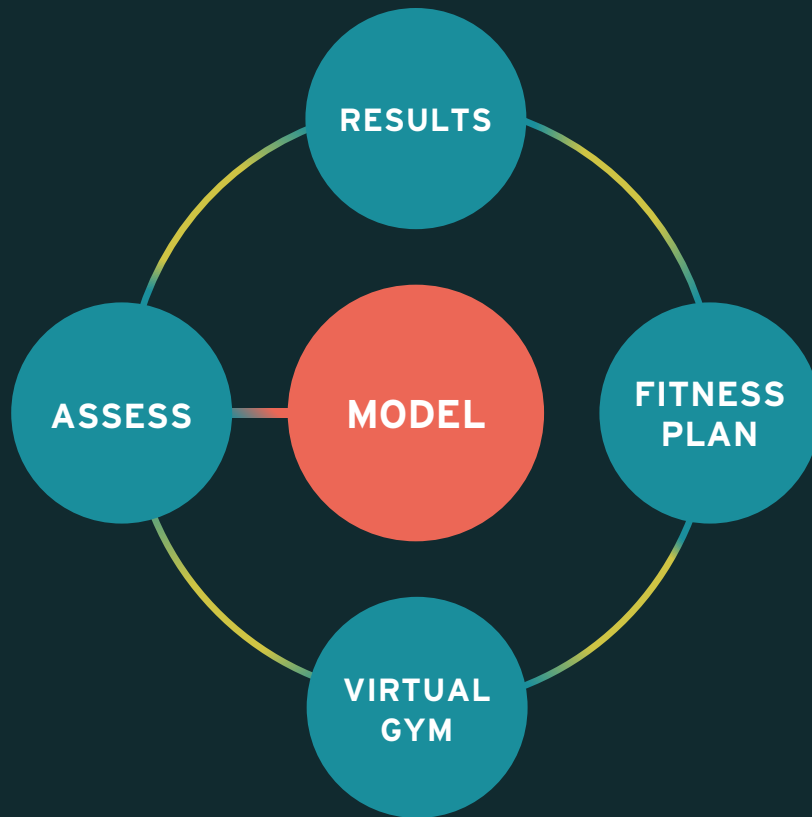
COMPLEXITY & MATURITY OF PERSPECTIVE
VERTICAL

LATERAL

KNOWLEDGE, SKILLS & ABILITIES

GROWING PAST STUCKNESS

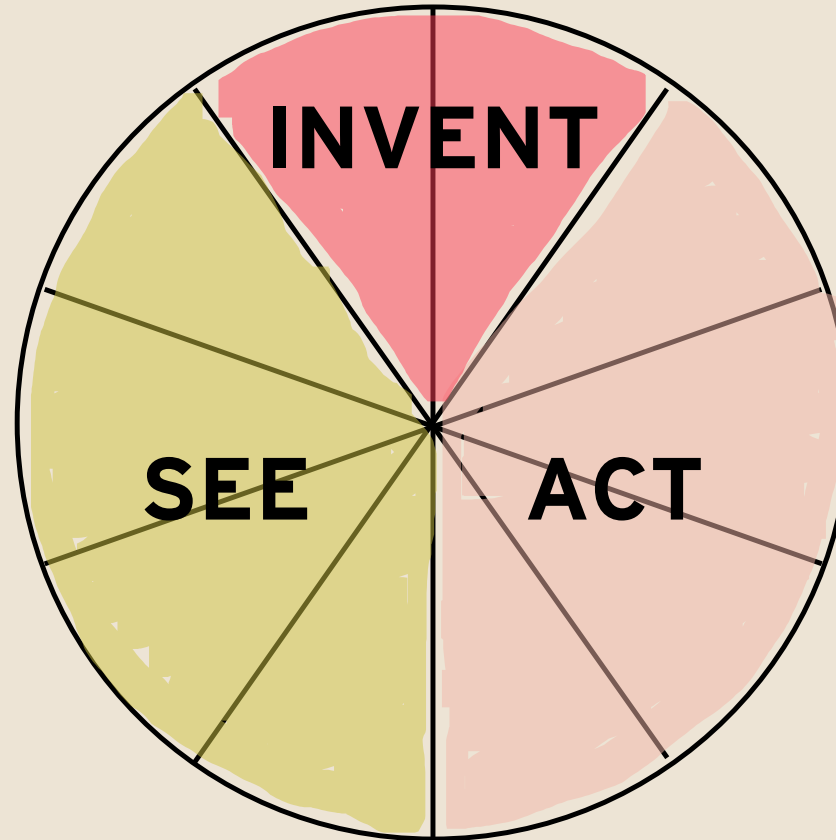
- **Better understand adaptiveness**
- **Better understand yourself / ourselves**
- **Better understand how to improve**



Adapt 

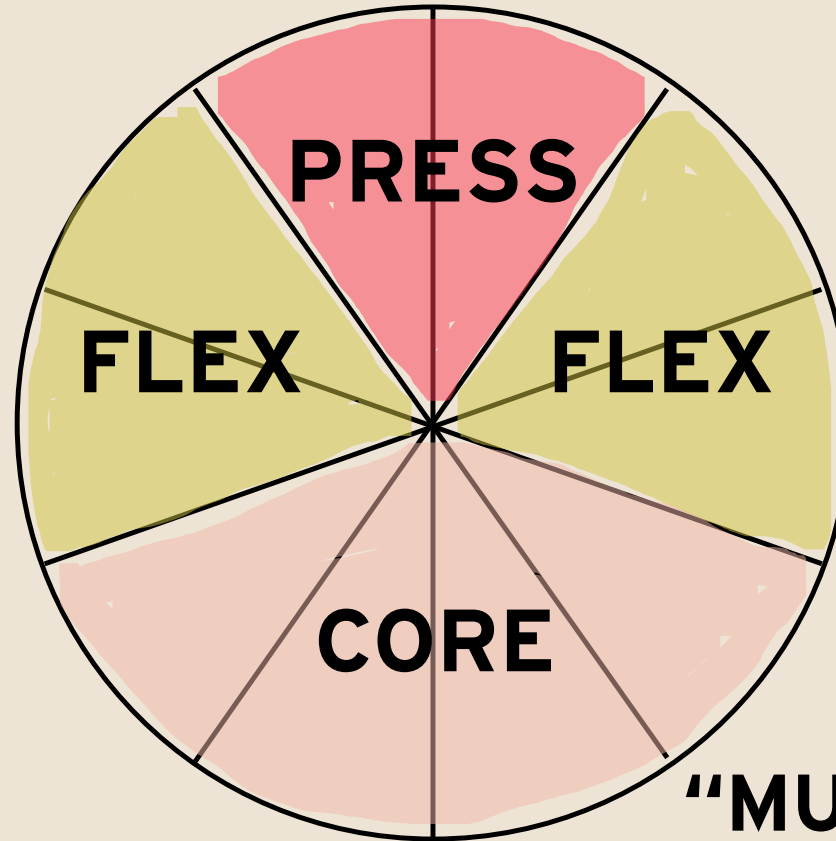
UNDERSTANDING ADAPTIVENESS

**3 TYPES
OF
FACTORS**



UNDERSTANDING ADAPTIVENESS

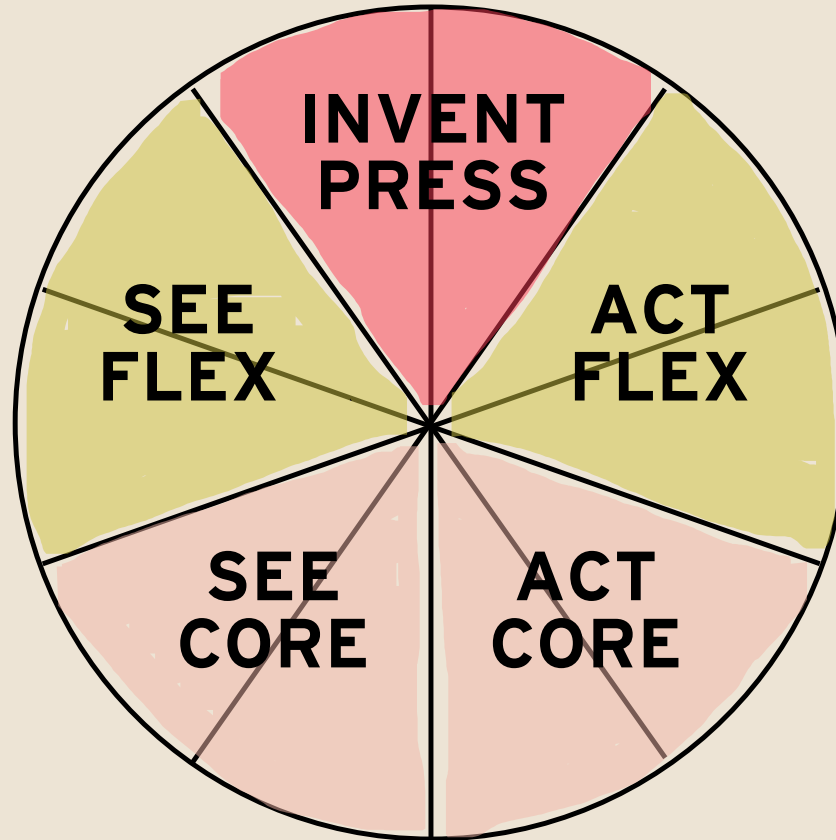
**3 TIERS
OF
FACTORS**



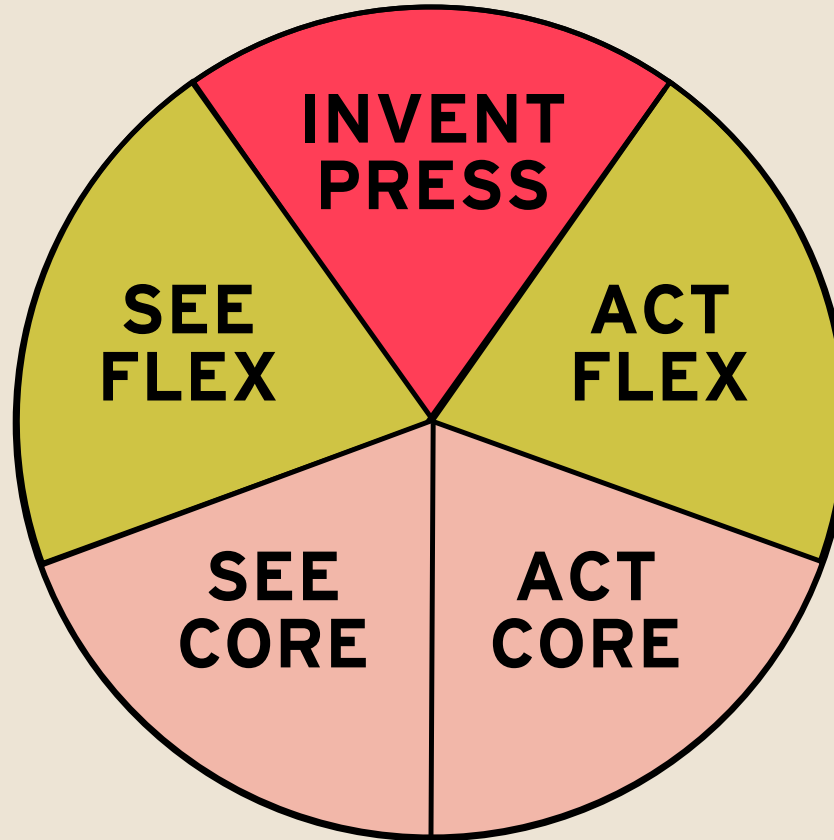
"MUSCULATURE"

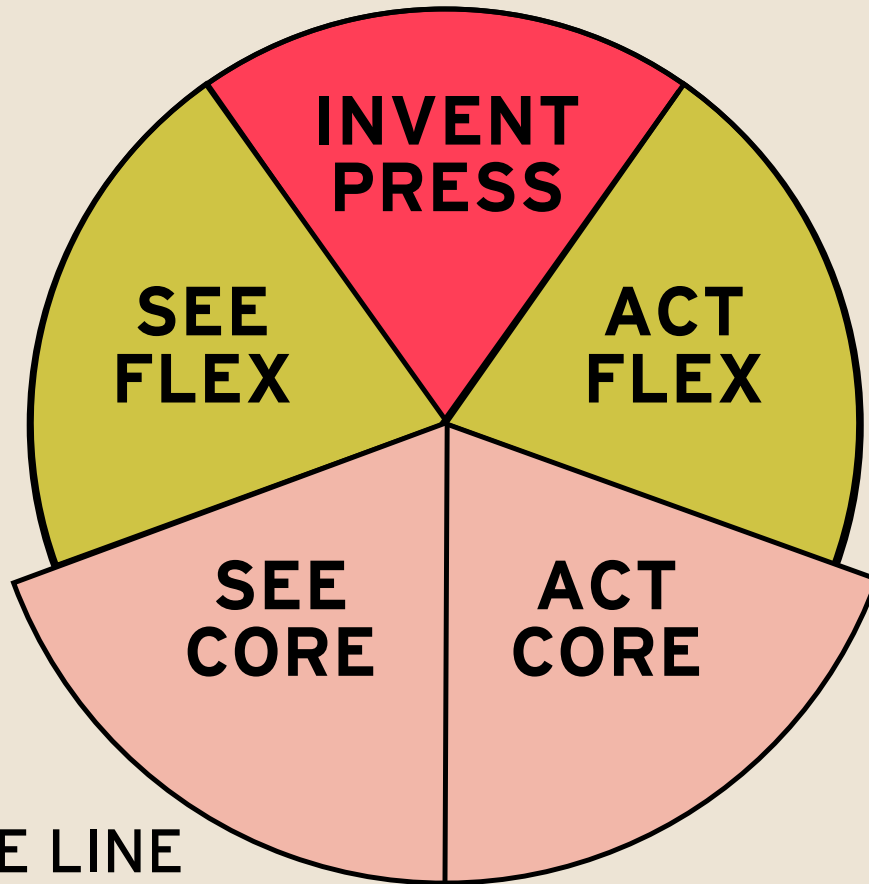
UNDERSTANDING ADAPTIVENESS

**5 PAIRS
OF
"MUSCLES"**

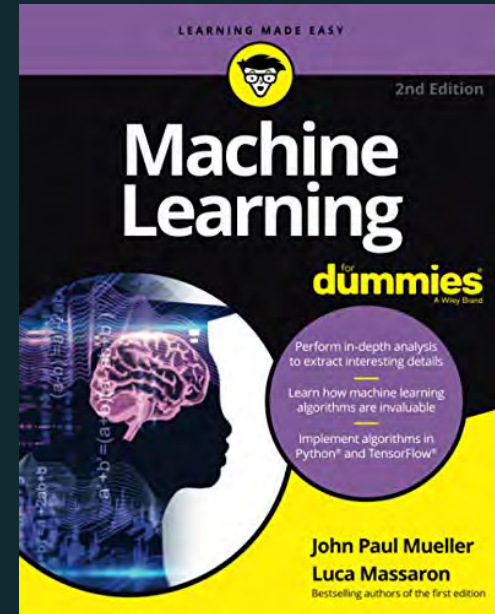


UNDERSTANDING ADAPTIVENESS





FIND/MOVE FENCE LINE

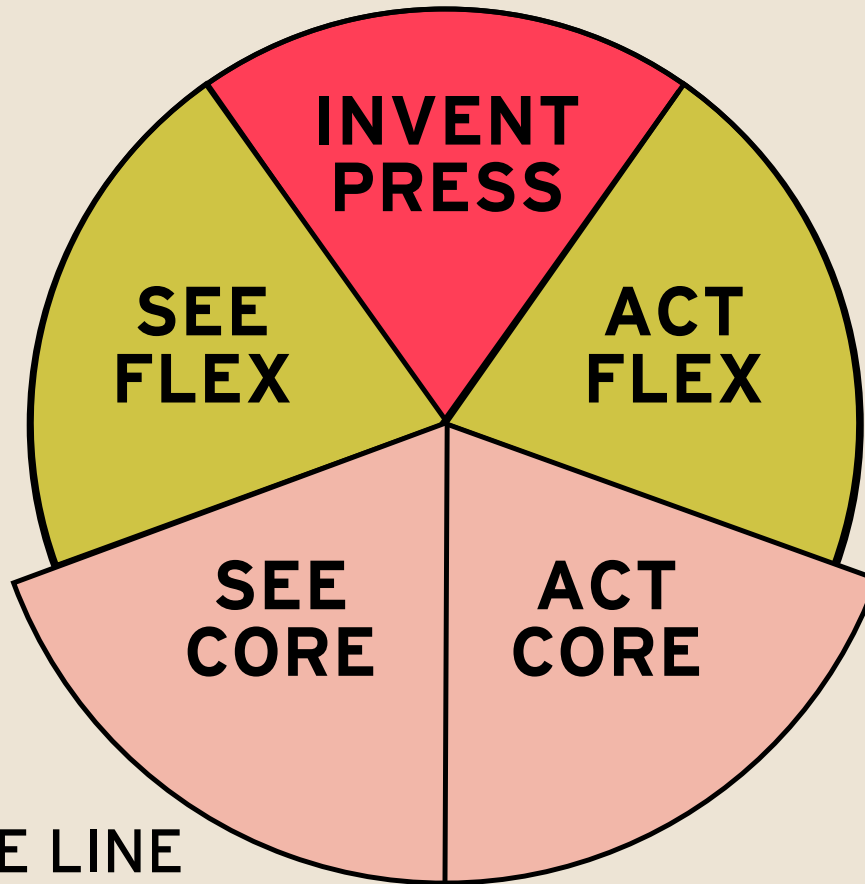




INVISIBLE FENCE

*"What does that have to
do with anything?"*

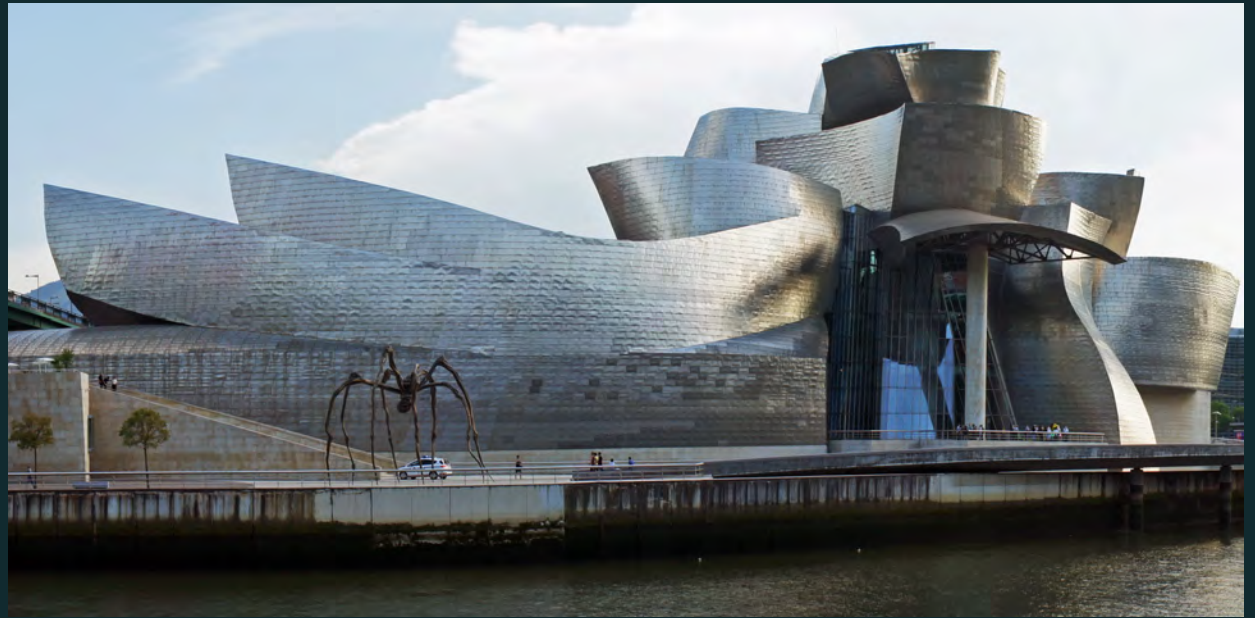




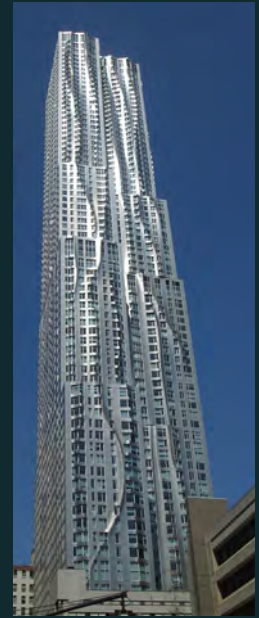
JUMP THE FENCE

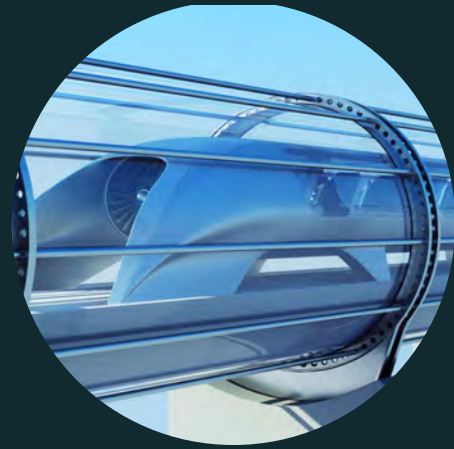
FIND/MOVE FENCE LINE



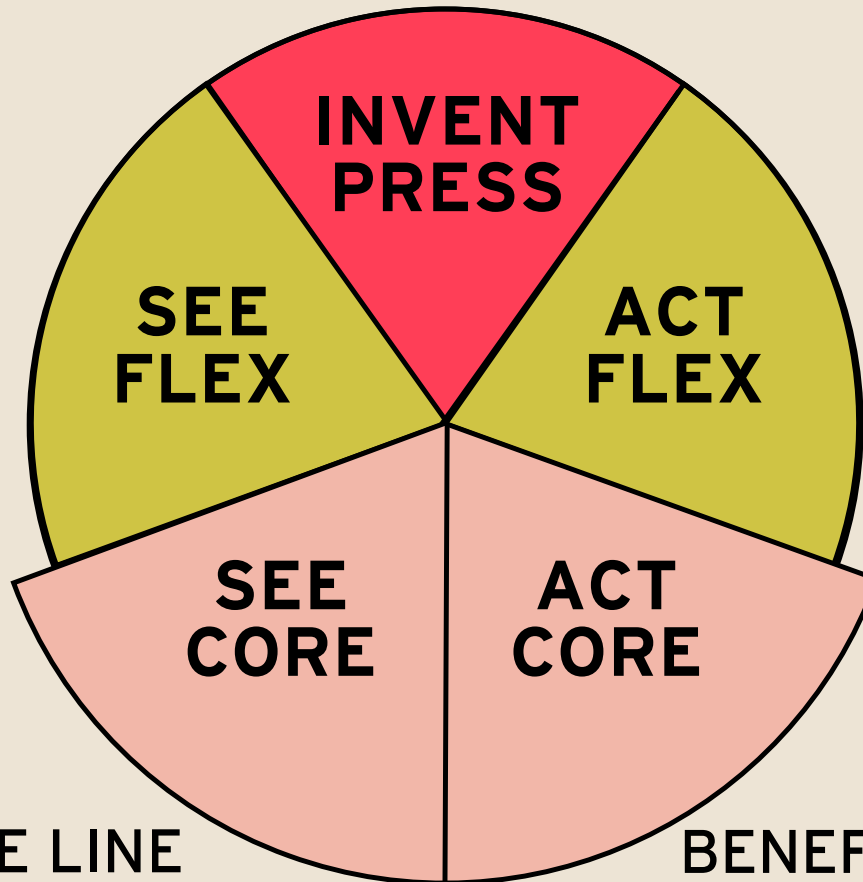








MOBILITY!

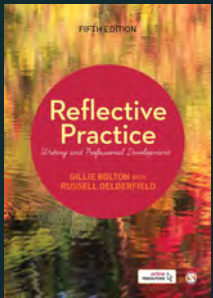


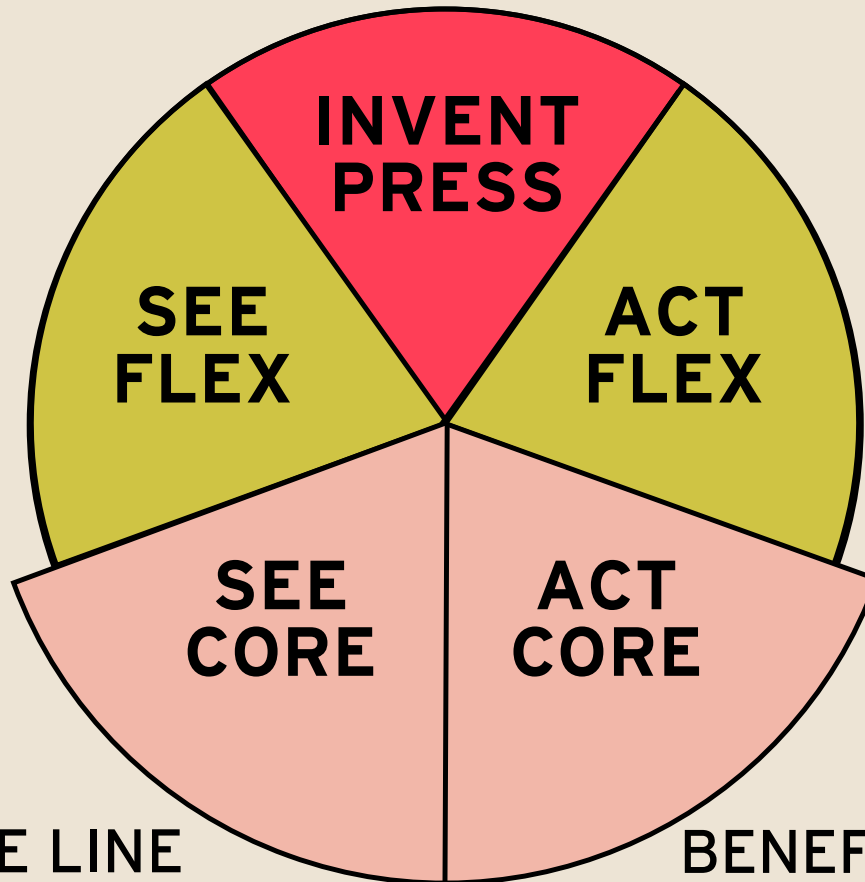
JUMP THE FENCE

FIND/MOVE FENCE LINE

BENEFICIAL REPETITION







JUMP THE FENCE

FIND/MOVE FENCE LINE

PROCESS
APPRECIATION

BENEFICIAL REPETITION





MAP-SHARING
EXPERIENCES

CONSOLIDATE
MAPS

EXPLORE & MAP

JUMP THE FENCE

FIND/MOVE FENCE LINE

**INVENT
PRESS**

**SEE
FLEX**

**SEE
CORE**

**ACT
FLEX**

**ACT
CORE**

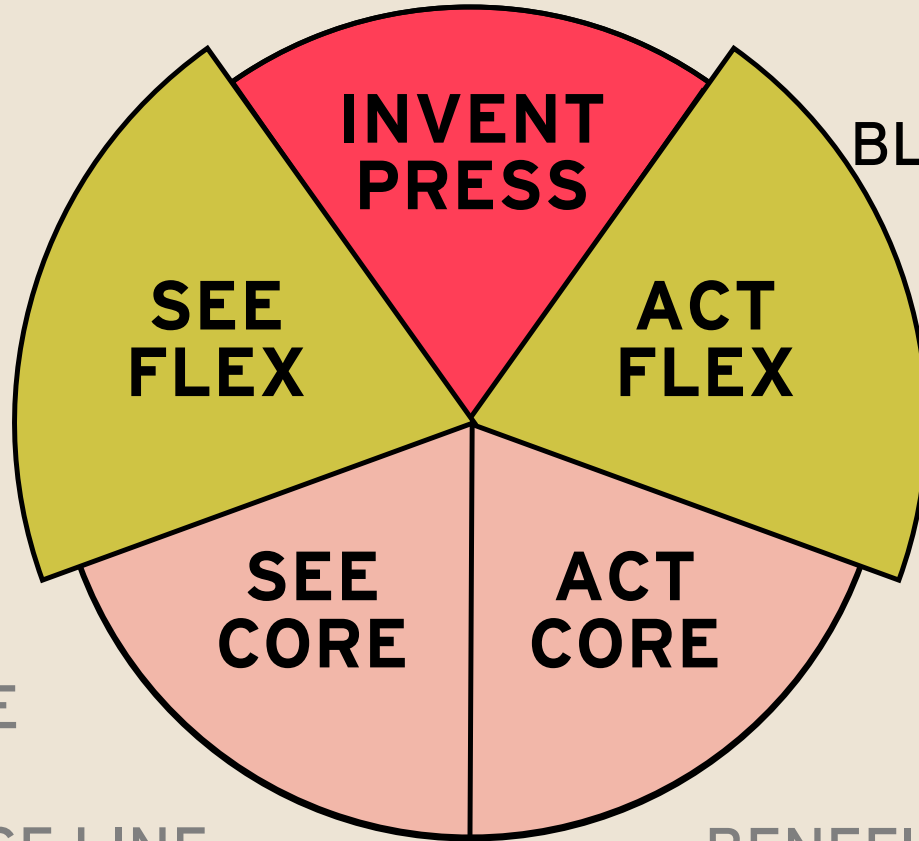
BLAZE NEW PATHS

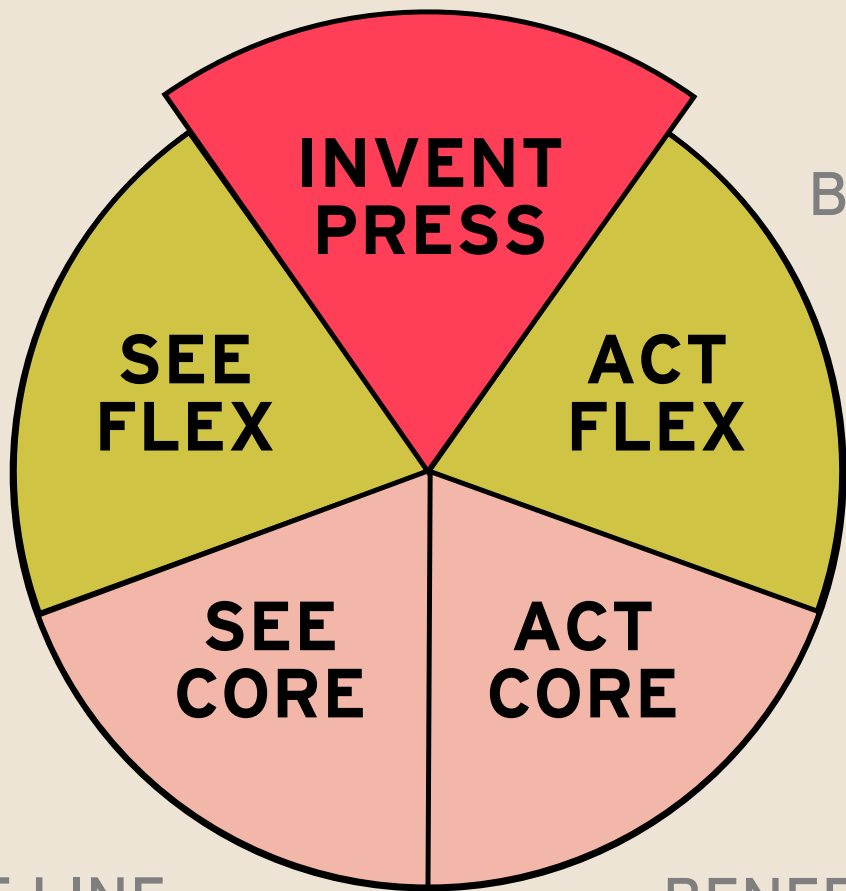
DIVERGENT
PATHS

LATERAL PATHS

PROCESS
APPRECIATION

BENEFICIAL REPETITION





MAP-SHARING EXPERIENCES

CONSOLIDATE MAPS

EXPLORE & MAP

JUMP THE FENCE

FIND/MOVE FENCE LINE

BLAZE NEW PATHS

DIVERGENT PATHS

LATERAL PATHS

PROCESS APPRECIATION

BENEFICIAL REPETITION

GENERATE NOVEL SOLUTIONS

MAP-SHARING EXPERIENCES

CONSOLIDATE MAPS

EXPLORE & MAP

JUMP THE FENCE

FIND/MOVE FENCE LINE

PIECE TOGETHER NOVEL SOLUTIONS

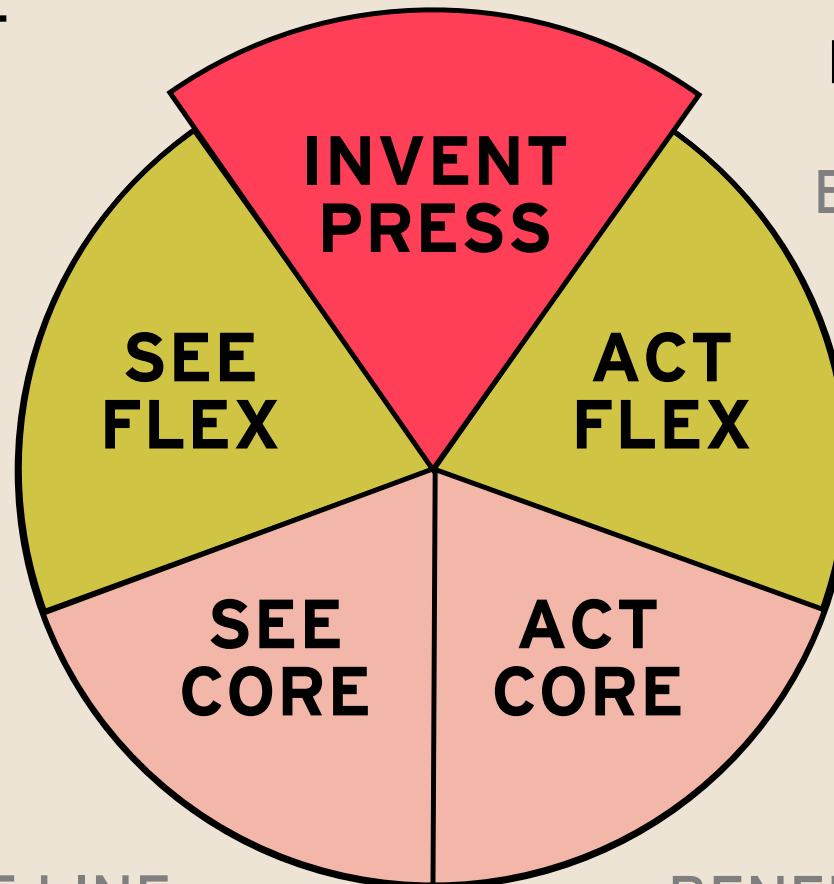
BLAZE NEW PATHS

DIVERGENT PATHS

LATERAL PATHS

PROCESS APPRECIATION

BENEFICIAL REPETITION







You are as adaptive as you are strong across all ten "muscles."




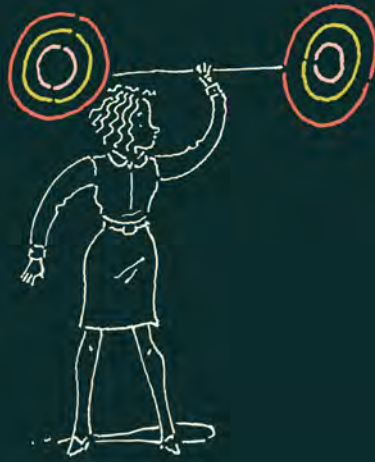
“ My core fitness is the ceiling of how well I perform.”

– Dave Whitling, Ultra Athlete

STARTER CORE EXERCISE

"ZIG-ZAG"

- Use Flipboard app 
- Pick 5 categories
 - 2 within your field/area of expertise
 - 2 at leading edge/adjacent to your field
 - 1 outside your field but of some interest
- Spend 12 minutes/day exploring articles across all 5 categories
- Spend 3 minutes/day writing reflections on what you picked up from articles



**HOW ADAPTIVE DO
YOU NEED TO BE?**



0.5% OF ATHLETES



0.5% OF JOBS IN WORLD

***“Never wish that life was easier,
wish that you were better.”***

– Jim Rohn



Get Fit for the Future.

AdaptQ

Tod@AdaptQ.com