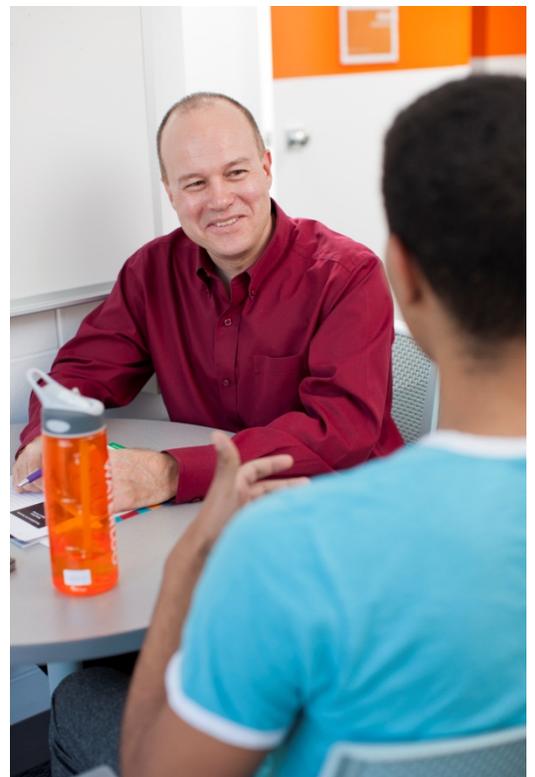


Flexibility

Flexibility is the ability to modify your emotions, thoughts and behavior to the changing situations around you. This component of emotional intelligence applies to your ability to adapt to unfamiliar and unpredictable circumstances.

1. **Be willing to detach.** We all have familiar ways of thinking and behaving. The problem lies when we have not thought through why we think and behave in a certain way. If you are stuck in a pattern because it is the way you have always done something, take a step back and evaluate. Is it the best way to think or behave? If so, continue, if not brainstorm some other alternatives.
2. **Be open to change.** Flexible people react to change without rigidity. They are able to change their minds or circumstances when the evidence suggests they are mistaken. They are open to and tolerant of new ideas and ways of doing things.
3. **Use your brain.** Flexibility and adaptability does not mean changing directions impulsively. Impulsivity involves making decisions and making changes without thinking first. Evaluate the pros and cons of adapting, before reacting.
4. **Allow life to happen.** Sometimes the best opportunities come with the unexpected. Allow yourself to go with the flow sometimes. Guaranteed the people in your life will be appreciative.
5. **Evaluate.** Evaluate your routines, relationships and habits. If you were to change one aspect about your life, what would it be? How would you go about it? How do you think this change would impact your life? Is the outcome worth making the change?
6. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the Student Success Office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.



Adapted from - Stein, S. J. & Book, H.E. (2006). *The EQ Edge: Emotional Intelligence and Your Success*. Mississauga: John Wiley & Sons Canada. Ltd.