



Adaptability

A Toolkit for Survival



What is AQ

AQ measures an individual's ability to adjust to change in real time.



4 steps to improve AQ

Being aware

Take Ownership

Focus on Continuous learning

Just do it

Let's do an activity

Confirmation Bias	The tendency to seek, interpret, and remember information that confirms our preexisting beliefs or opinions
Anchoring Bias	The tendency to rely too heavily on the first piece of information encountered when making decisions, even if it's irrelevant or arbitrary
Sunk Cost Fallacy	The tendency to continue investing in a decision or project based on the resources already committed, even when it's clear that it's not the best choice going forward.
The Halo Effect	The tendency to assume that a person who possesses one positive trait also possesses other positive traits, even if there's no evidence to support this
Negativity Bias	The preference for negative information or experiences over positive ones, which can lead to heightened sensitivity to potential threats or dangers
Overconfidence Bias	Overestimating your abilities or knowledge, leading to risky or flawed decisions
Framing Bias	Being influenced by how information is presented, even if the facts are the same



Share your continuous learning plan about what are you going to do differently





Thank you / Děkuji Agile Prague 2023