Co-funded by the European Union

Erasmus+ Small-scale partnerships in vocational education and training

Bridge4Mothers

2025-1-DE02-KA210-VET-000359232

PSL Programme — Personal, Social and Learning-to-Learn Competences

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Adaptability & Personal Growth

Life often involves change and unexpected situations.

People may experience changes related to:

- education,
- employment,
- family responsibilities,
- finances,
- health,
- or personal circumstances.

Adaptability means:

- responding flexibly to change,
- learning from experiences,
- and finding positive ways to manage challenges.

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Being adaptable does not mean avoiding difficulties.
It means:

- developing resilience,
- learning new strategies,
- and building confidence in uncertain situations.

Adaptability can help people:

- manage stress,
- strengthen confidence,
- improve problem-solving,
- and participate more positively in learning and everyday life.

Everyone develops adaptability differently.
Confidence and flexibility grow gradually through experience, reflection, and practice.

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