Bridge4Mothers
PSL Programme — Personal, Social and Learning-to-Learn Competencies

Module 2 — Flexibility & Adaptability

BRIDGE 4 MOTHERS

Co-funded by the European Union

Topics Covered

Adaptability helps participants respond to change with confidence, resilience and practical action.

1. **Adaptability**
   Understanding flexibility in everyday life and learning
2. **Change**
   Recognising transitions and how they affect emotions
3. **Uncertainty**
   Managing unknown situations step by step
4. **Resilience**
   Recovering, adjusting and continuing after setbacks
5. **Problem-solving**
   Finding practical options and choosing realistic actions
6. **Confidence**
   Building self-belief in unfamiliar situations
7. **Mindset**
   Developing positive thinking and flexible attitudes
8. **Growth**
   Learning through challenges and personal change

The module supports learners to see change as manageable and to build adaptable habits for work, learning and family life

Introduction to Adaptability

Adaptability is the ability to adjust thoughts, actions and plans when circumstances change.

- Being adaptable does not mean accepting everything; it means responding wisely and realistically.
- Adaptability supports learning, employment, family responsibilities and emotional wellbeing.
- Flexible people can pause, reflect, ask for support and choose a practical next step.
- Small changes in thinking and behaviour can strengthen confidence over time.

Notice • Adjust • Move Forward

Understanding Change & Transitions

Transitions can bring new opportunities, but they can also create pressure, uncertainty and emotional reactions.

Types of change

1. **Personal**
   Changes in family roles, routines, confidence or wellbeing.
2. **Learning**
   Starting training, using new tools or developing new skills.
3. **Work**
   Changing tasks, job roles, expectations or career direction.
4. **Life stage**
   Returning to work, balancing care duties or planning the future.

Helpful responses

Name it

Recognise what is changing and how it affects you.

Normalise

Accept that mixed feelings are part of transition.

Prepare

Identify what information, support or time you need.

Review

Adjust your plan as the situation becomes clearer.

Change becomes easier to manage when it is broken into clear steps.

Managing Uncertainty

Uncertainty can feel uncomfortable because the outcome is not yet clear. Adaptability helps us focus on what can be done now.

What uncertainty can create

1. **Worry**
   Thinking repeatedly about what might happen.
2. **Delay**
   Avoiding decisions because the next step feels unclear.
3. **Stress**
   Feeling overloaded by questions, choices or pressure.
4. **Self-doubt**
   Questioning your ability to manage a new situation.

Uncertainty tools

Control

Focus on what is within your influence today.

Information

Ask questions and gather reliable facts.

Next step

Choose one small action instead of solving everything.

Support

Speak with someone who can listen, guide or encourage you.

You do not need all answers before taking the first step.

Building Personal Resilience

Resilience is the ability to recover, learn and continue after difficulties. It grows through practice and support.

- Recognise your strengths and remember challenges you have already overcome.
- Use healthy coping strategies such as breathing, movement, rest and support.
- Accept that setbacks are part of learning and do not define your ability.
- Focus on progress, not perfection, especially during stressful transitions.
- Build routines that protect energy, confidence and emotional balance.

Recover • Learn • Continue

Problem-Solving Strategies

Problem-solving helps turn challenges into manageable actions and supports confident decision-making.

Step-by-step approach

1. **Define**
   Describe the problem clearly and avoid making it bigger than it is.
2. **Explore**
   List possible solutions without judging them too quickly.
3. **Choose**
   Select the most realistic option for your current situation.
4. **Act**
   Try one step, then review what happened and what to adjust.

Useful questions

What matters?

What is the most important issue to solve first?

What can I control?

Which part of the situation can I influence?

Who can help?

What support, advice or information is available?

What did I learn?

What can I repeat or change next time?

A practical solution does not need to be perfect; it needs to help you move forward.

Confidence in New Situations

Confidence grows when learners try, practise, receive support and recognise their progress.

Build confidence by

1. **Starting small**
   Choose one achievable step and complete it.
2. **Practising**
   Repeat new skills until they become more familiar.
3. **Asking**
   Request guidance when something is unclear.
4. **Celebrating**
   Notice small wins and effort, not only final results.

Helpful self-talk

I can learn

New situations are opportunities to practise.

One step

I do not need to know everything immediately.

Progress counts

Every attempt teaches me something useful.

Support is normal

Asking for help is part of learning.

Confidence is built through action, not perfection.

Positive Thinking & Learning Through Challenges

A positive and flexible mindset helps learners interpret challenges as opportunities to adapt and grow.

Flexible mindset includes

1. **Reframing**
   Look for what can be learned from a difficult moment.
2. **Curiosity**
   Ask questions instead of assuming failure.
3. **Patience**
   Give yourself time to understand and adjust.
4. **Persistence**
   Keep trying with new strategies when the first plan does not work.

Challenge reflections

What happened?

Describe the situation calmly and clearly.

What helped?

Identify what supported you during the challenge.

What changed?

Notice skills, confidence or understanding that improved.

What next?

Choose one action to continue your progress.

Learning through challenges strengthens adaptability and self-belief.

Adaptability grows when we understand change, manage uncertainty, solve problems and recognise personal progress.

1. What change or transition am I currently managing?
2. What strength can help me respond more confidently?
3. What small step can I take this week to practise adaptability?

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