

Workplace Wellbeing

Personal Agility

Personal agility focuses on your ability to make the most of a challenging situation by accepting the present reality and using the resources available to you, to take the next step, moving forward towards a positive outcome. This module explores eight key personal agility habits and how personal agility can benefit both your professional and personal life.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:05)

English Subtitles

9 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. Instead of avoiding a challenge, face it head on.
2. Learn to say no.
3. Don't forget to invest in your personal wellbeing.

