

# MODULE 1: BEHAVIOUR AND LEARNING

## Adaptability- Explore strategies for adapting to diverse situations.

### LEARNING GOALS AND OBJECTIVES OF THE ACTIVITY:

#### Objective n° 1

Being flexible and open-minded in adapting to changing situations and environments

Patients may come from different histories. A good educator has to be able to work out a suitable pathway for each individual case.

#### Objective n° 2

Problem Solving

In an ever-changing world, having high problem-solving skills can be a great advantage, especially when dealing with vulnerable groups. It is important to show them that an opportunity can arise from a problem.

#### Objective n° 3

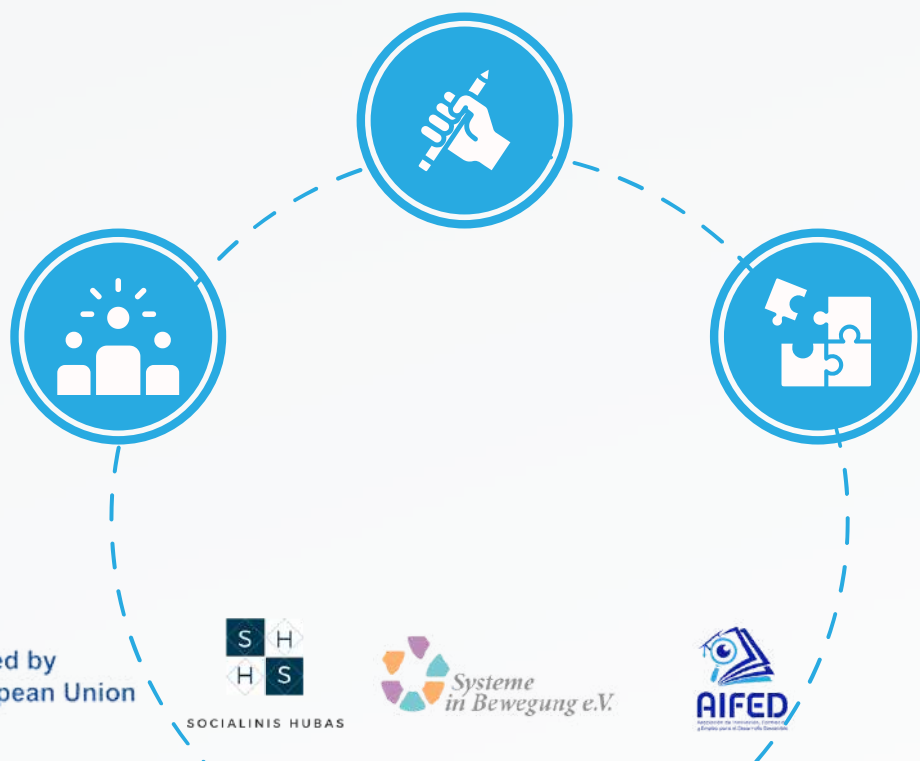
Stress management

Participants learn useful tips for managing stress that can be caused by different patient attitudes

#### Objective n° 4

Encourage personal commitment

To help participants create a concrete and feasible plan to integrate adaptability into their personal situation.



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### ACTIVITY DESCRIPTION AND MATERIALS

#### Activity description



1. Target group – adult educators, mentors of change
2. Time – 2 hours

1. Presentation slides
2. Videos and multimedia content to show real-life management situations
3. Whiteboard or flipchart for capturing key points
4. Sheets for practical activities
5. Drawing tools for play-role activities

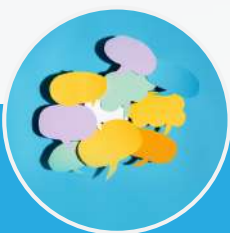
#### Materials



### METHODOLOGY USED FOR THIS ACTIVITY



The educator introduces the session by explaining adaptability, its importance in personal and professional contexts, and its role in stress management during patient-educator interactions.



Guided discussions to lead participants to the right understanding



Role-playing to demonstrate adaptability in real-life situations.



Circular discussion to stimulate participants' reasoning and creativity



Final reflection and dynamics of commitment



## **MODULE 1: BEHAVIOUR AND LEARNING**

### **Adaptability- Explore strategies for adapting to diverse situations.**

## **ACTIVITY DESCRIPTION**

### **1.Introduction**

The educator starts the session by explaining the concept of adaptability and its relevance in different contexts, both personal and professional. He highlights how the ability to adapt to change is key to facing challenges and remaining flexible in unexpected situations. In addition, the crucial role of adaptability in stress management is addressed, especially in the interactions between patient and educator, emphasising the importance of being flexible and empathetic in order to achieve effective communication and reduce tensions.

### **2.Guided discussion**

The educator leads a discussion on the concept of adaptability focusing on three main points:

- A) What role does adaptability play in recovery pathways.
- B) How much more adaptability is required in modern contexts than in the past and why?
- C) How can stress be managed during encounters between the patient and the educator, so that both parties are protected.

### **3. Play-role activity**

The participants divided into pairs of two draw a story by lot. Then one of them will play the patient who will have to behave according to the assigned story, the other one representing the educator will have to work out a draft of the best course of action adapting to his/her story. Only the patient has to read the sheet telling the story, the educator can get information by asking him/her questions.

#### 4. Circular discussion

The participants discuss the courses of action developed in the previous activity and it is then up to the educator to assess which course of action is more effective than the others.

#### 5. Deepening the topic

The educator will explain the factors that influence adaptability, such as personal characteristics and contextual factors. Additionally, they will present some effective adaptation strategies, such as mindfulness and self-awareness or building resilience.

#### 6. Reflection and application

Participants reflect on the importance of applying the acquired knowledge in practice. Together with the trainer, they assess their strengths and weaknesses and thus what needs to be improved in this approach.