

Organizational Agility
Programme

Personal Agility

WORKBOOK



Notes - On the go!



Space to Scribble

Section 1

Exercise & Reflection 01

What does Personal Agility mean for you - what words would you use to describe it in practical terms?

Your Response

Exercise & Reflection 01

- Think of an example where
- (a) you have been personally agile in a certain situation
 - (b) when you have not being personally agile

Your Response

Exercise & Reflection 01

What learnings do you take from these(above) experiences?

Your Response

Exercise & Reflection 02

What examples can you think of that differentiate resilience and agility in your experience?

Your Response

Exercise & Reflection 02

Why is resilience important for agility?

Your Response

Exercise & Reflection 02

What do you see as both the benefits and challenges of Personal Agility for you?

Your Response

Section 2

Exercise & Reflection 03

(Refer to the video in LMS)

Think of change of habit examples where you have experienced the Think, Feel, Act cycle in your life. What was it that made a good habit you developed to stick?

Your Response

Exercise & Reflection 03

(Refer to the download in LMS)

Review the Agile Mindset v Traditional Mindset table. Which mindset examples feel most natural to you?

Exercise & Reflection 03

Would a more agile mindset be of benefit to you? Why? List out the benefits to you.

Your Response

Exercise & Reflection 03

What could you do to develop a more agile mindset through your habits and behaviours. What are some things you could do more of / less of to exhibit an agile mindset more often?

Section 3

Exercise & Reflection 04

(Refer to the exercise in LMS)

After completing the P.A.R. and looking at the output of their results, note any reflections or insights the process raises for you?

Your Response

Notes from Virtual
Classroom

Congratulations!
You are well on your
way to completing
your learning
journey on Personal
Agility

Thank-You
