



## IMPROVING INDIVIDUALS, TEAMS, AND ORGANIZATIONS' RELATIONSHIP WITH CHANGE.

### What is AQ?

AQ, or Adaptability Quotient, is a holistic measure of individual and workplace adaptability. The higher your AQ, the more likely you will be able to recover from setbacks, find alternative solutions to problems and successfully navigate change.

### Why Adaptability?

During the last few years 'Adaptability' and its dimensions have risen to the top of lists for the most in-demand and valuable skills; [LinkedIn's Workplace Learning Report](#), Forbes [14 In-Demand Skills Employers Want In 2021](#), and more.

Using our science-based assessment, you uncover valuable insights into your own adaptability skills with easy steps to improve your adaptability.

### Why AQai?

AQai is a data, health, and education technology company pioneering the research and application of Adaptability in the workplace.

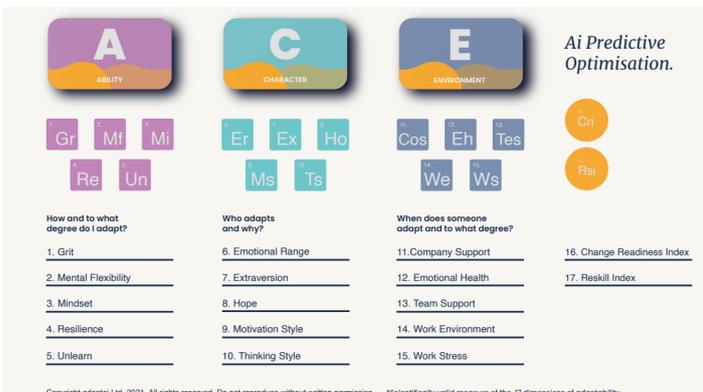
AQai provides clarity on who, how, when, and why people adapt. With this insight and exponential technologies, we empower everyone to thrive and live their best lives. One with hope, happiness, and confidence for an abundant future.

With over 100 certified coaches in the network, across 20 countries, AQai is guiding the way people successfully navigate the future of work by measuring and improving adaptability, at speed and scale.

### The AQai Model

Developed in collaboration with leading academic scientists, business leaders and psychologists, our patent-pending model of measuring adaptability seeks to give deeper understanding of three core aspects: 'Ability' - how and to what degree does an individual adapt? 'Character' - who adapts and why? And 'Environment' - when someone does adapt and to what degree?

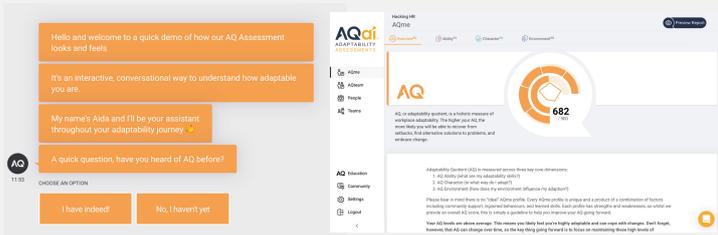
These three key core dimensions, all specifically linked to business outcomes and performance are then further expanded across 17 distinct subdimensions:



### The AQai Assessment

Our AI-powered adaptability assessment and digital coaching platform is positioned to help AQ Coaches and leaders retain and develop highly adaptable employees, empowering them safeguard careers, unleash potential, and protect the future of their organisations.

Using our interactive chatbot to answer questions from Aida (our AQai assistant), instantly unlock a visualized dashboard that gives you (or your team) a personalized adaptability report. Plus actions to help improve your results.



### Applying AQ in your Business

#### Leadership Development

Understand how adaptable your management teams are in order to develop sustainable innovation, improve decision making and drive long-term organizational value.

#### Change Management

Unlock the power of personalized human insights which drive change. Building highly adaptable teams to successfully implement mission critical change programs.

#### Reskilling & Upskilling

Utilize your existing team resource to support future requirements for your organization. Reducing recruitment and redundancy costs

#### Mergers & Acquisition

Speed up and increase the efficiency of new teams or organizations coming on board. Understand and identify the barriers to change and remove friction.

#### Digital Transformation

Select the right internal teams for maximum impact, to champion new process implementation with mental flexibility, resilience and motivation style.

#### Employee Retention

Nurture your existing team by helping them strengthen their AQ muscles with rich insights and actionable activities.

**GUIDING THE WAY PEOPLE SUCCESSFULLY NAVIGATE THE FUTURE OF WORK BY MEASURING AND IMPROVING ADAPTABILITY, AT SPEED AND SCALE**

**CONTACT US**