

# AdaptAbility

## How to Rise and Shine When Shift Happens

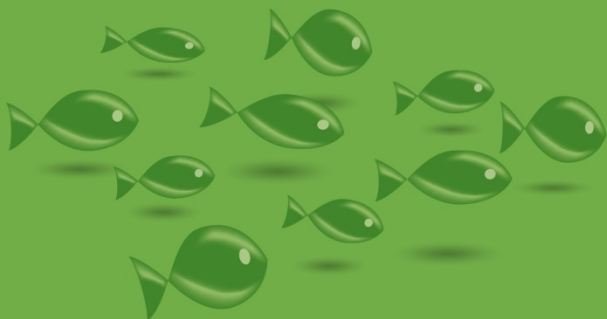
“Shift happens.” – Proverb

Every day, every person experiences changes that impact how we live our lives. Some changes we see as helping us, others we see as hindering us. These shifts happen in our home life, our work life, and everywhere in between. Simply put, *AdaptAbility* is the skill we use to adjust to these new conditions and situations. As we grow and evolve, we realize that building our AdaptAbility will engage, equip, and empower us to live better lives.

When shift happens, the challenge (and the choice) to adapt is yours - will you be ready?

## AdaptAbility

How to Rise and Shine  
When Shift Happens



Dr. Wade A. McNair

### About the Author

Wade McNair is a dynamic Coach, Consultant, and Communicator with over 20 years of experience in Talent Management, Corporate Learning, Leadership, Human Resources, and Organization Development. Wade is actively engaged in coaching and consulting with corporate, non-profit, and faith-based organizations. In addition to his professional practice, Wade is an Adjunct Professor at both the undergraduate and graduate levels. Wade has a Master's Degree in Organizational Leadership and a Doctorate of Psychology in Organizational Management and Change.

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