



# **AQ FOUNDATION CERTIFICATION COURSE**

**AQ - Adaptability Intelligence. Now the #1 Skill for Future Success  
Why? Because:**

- Society will see more change in the next 10 years that we've had in the last 100!
- 40% of jobs today will no longer exist in the next 10 years time.
- 375 million people may need to switch occupations and learn new skills.

People need help adapting to change. Be part of the solution by becoming certified in the first validated, interactive chatbot AQ Assessment that measures the fascinating and complex interplay between a person's ABILITY, CHARACTER, and ENVIRONMENT during times of rapid change. It's not enough to have IQ or EQ. For individual and organizational success, we must adapt and build AQ muscle!

**BLENDED ADULT LEARNING PROGRAM  
ZOOM SESSIONS**

**UNDERSTAND AQ: AUG 14: 2:00-3:30 ET**

**STUDY GROUP: AUG 21: 2:00-3:00 ET**

**APPLY AQ: AUG 28: 2:00-4:00 ET**

**SELF-PACED ONLINE MODULES**

**8 HOURS (45 MODULES)**

**\$1970**

**LIMITED REGISTRATIONS - REGISTER TODAY!**

## PROGRAM DETAILS

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Competitive Edge was the first to bring you computerized DISC and Motivators Assessments.

We are training partners of the first scientifically validated EQ Assessment.

And, now we are pioneers offering certification in the most comprehensive Adaptability Assessment available. Many talk about the elements of Adaptability - grit, resilience, growth mindset, mental flexibility, and so on - AQai measures it and provides keen insight on how to develop it!

### Who Is Certification For?

- **Employers & Team Leaders** - Who want to support their people through change and transformation
- **HR & Learning Professionals** - Who want to understand, empower and improve their change capabilities
- **Consultants & Consultancies** - Looking to add expertise and deliver more client value
- **Executive Coaches and Mentors** - Who envision a bigger future than their past, for themselves and their clients

### Course Objectives

- What is Adaptability
- How do we measure AQ and why
- Why Adaptability has become the #1 Skill Employers want, according to numerous studies from Forbes, McKinsey, LinkedIn, and others
- Understanding the AQai Model Fundamentals and Research
- What are the 15 Validated AQ Sub Dimensions of Adaptability that make up the A.C.E. Model



**AQ Ability**  
how and to what degree does an individual adapt?



**AQ Character**  
who adapts and why?



**AQ Environment**  
when someone does adapt and to what degree?

- Providing best practices for using the report
- How to apply AQ Intelligence in organizations
- Practice interpreting the AQme report and provide feedback to fellow cohort peers

### What's Included?

- Digital Foundation Certification Badge and Certificate of Completion
- Assessment Portal Access with your own AQme Assessment and 5 more reports to use with your clients or organization, including online development suggestions
- Online Access to a Growing Library of Research, Articles and Training Resources
- Online Community Membership with AQai and Other Certified Pioneers



### Requirements & Attendance Policy

A laptop or desktop with internet capability is required for this training. The program is designed for individual participation; therefore, please do not share a computer or workspace with another person. To maximize participant learning, curiosity and active participation is mandatory in this program. Active participation includes, but is not limited to: participating during the live zoom sessions and online discussion board topics; completing the online modules and intersession work; and passing an end-of-course assessment and submitting a workbook that demonstrates your understanding and proficiency of the AQai Model. Attendance is required during the Zoom sessions on Aug 14 and 28, and is optional on Aug 21. Your total time investment is estimated to be 18-20 hours to complete the certification program.

## Adaptability Intelligence Certification Enhances:



Well-being



Teamwork



Decision Making



Talent Management



Productivity

**Krista S. Sheets**  
**Competitive Edge | Paragon Resources**  
**President**



Krista provides objective, expert insight that helps organizations make wiser decisions on how to align the unique talents of its people to business goals. She does this through interactive and impactful certification training programs on understanding the HOW and WHY of behavior using the *DISC and Motivators Models*, helping leaders assess and develop *Emotional Intelligence*, and increasing the well-being of individuals and organizations through *Adaptability Intelligence*.

Krista grew up in New Jersey, and graduated from Boston University in three years with a Bachelor of Science in Business Administration. After college she worked in her family's business for several years where she realized she wanted to learn more about effectively managing and leading others. This desire for personal growth led to years of training in the area of Human Capital Management where she has earned certifications in DISC, Motivators, EQ, and AQ. She currently resides in Atlanta, Georgia. Krista believes you must live life with passion and everything else will take care of itself! *"When we spend our lives doing what we were meant to do, everything else just seems to fall into place."* Her goal is to help people uncover their true talents so they can achieve personal success, happiness, and fulfillment.

**Nancy Watt**  
**Nancy Watt Communications**  
**CEO & Founder**



Nancy owns a creative agency in Toronto, Canada that offers specialized facilitation and training programs. Her 'Pracademic' approach applies evidence-based research with experiential learning using the tools and techniques of improvisational theatre. A deeply experiential learner and facilitator, Nancy harnesses humor and brings the currency of comedy into her powerfully memorable sessions. A Conservatory Graduate from Second City in Toronto and Chicago, she also has a B.A. in Psychology/Sociology, Certificate in Applied Positive Psychology, Applied Improv Practitioner, Cornell's Executive Program in Diversity & Inclusion, EQi 2.0, and is a pioneer in AQ, Adaptability Intelligence from AQai.

She grew up on a farm in Ontario where amongst her five siblings learned that chess and Scrabble were a blood sport. She's compassionate, candid, and deeply collaborative. It is her purpose to connect with others through creativity and compassion. She is committed to building an adaptable world where future generations can thrive.

A mother of two, wife of one, ☺, and a dog owner who loves to run with her in the trails.

**"It is not the strongest of the species that survives, nor the most intelligent.  
It is the one that is most adaptable to change."**

**Charles Darwin**

**AQ - a metric of adaptability**

*"Measuring the abilities, characteristics, and environmental factors which impact the successful behaviours and actions of people, and organisations to effectively respond to uncertainty, new information, or changed circumstances."*  
(Decoding AQ, 2020)

**Register TODAY!**

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