

# AQ FOUNDATION CERTIFICATION TRAINING

Measure and Strengthen Adaptability to Build a Resilient, Change-Ready Culture

JULY 22, 29 & 31 9:30AM ET

## ADAPTABILITY INTELLIGENCE IS THE #1 SKILL FOR FUTURE SUCCESS:

- Society will see more change in the next 10 years than 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.

## STRENGTHEN YOUR AQ

Change is inevitable, but adapting effectively is a skill. Become part of the solution by getting certified in the first validated, interactive chatbot AQ Assessment. This cutting-edge tool measures the dynamic interplay between a person's ability, character, and environment during times of rapid transformation. In today's fast-paced world, IQ and EQ alone aren't enough—success depends on strengthening your AQ!



### AQ Ability

How and to what degree does an individual adapt?



### AQ Character

Who adapts and why?



### AQ Environment

When does someone adapt and to what degree?

**Competitive Edge, Inc. is the exclusive training partner for the most comprehensive Adaptability Assessment on the market, AQme.**

## 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 fundamentals and research of the AQai Model
- What are the 15 Validated AQ Sub-Dimensions of Adaptability that make up the A.C.E. Model
- Providing best practices for using the report
- How to apply AQ Intelligence in organizations
- Practice interpreting the AQme report and provide feedback to others

## AQ: A METRIC OF ADAPTABILITY

**“Measuring the abilities, characteristics, and environmental factors which impacts the successful behaviours and actions of people, and organisations to effectively respond to uncertainty, new information, or changed circumstances.”**

—*Decoding AQ, 2020*

## TRAINING INCLUDES

- Digital Foundation Certification
- Badge and Certificate of Completion
- Assessment Portal Access with your own AQme Assessment and 2 additional reports to use during training
- Online Access to a growing library of research, articles and training resources
- 20 ICF Credits if you are a member of the International Coaching Federation
- Online, self-paced learning modules 8+ hours
- Introduction: Meet your cohort Tuesday, July 22: 9:30-11:00 ET
- Training: Tuesday - Thursday, July 29 and 31: 9:30-1:00 ET



## ABOUT YOUR INSTRUCTORS



### Krista Sheets

*Competitive Edge, Inc.  
Paragon Resources, Inc.  
President*

Krista helps organizations align talent with business goals through DISC, Motivators, EQ, and AQ certification training. She equips leaders with tools to understand behavior, enhance decision-making, and drive growth.

A Boston University graduate, Krista gained business experience in her family's company before pursuing expertise in Human Capital Management.

In 2022, she became the first Certified Delivery Partner for AQai. Now based in Atlanta, she is passionate about helping others unlock their potential, believing that when you live with passion, everything else falls into place.



### Drew Bird

*The EQ Development Group  
The AQ Academy  
Founder & Principal*

Drew has spent over 20 years helping coaches and consultants grow their skills and businesses. As a Certified Delivery Partner Instructor for AQai with Competitive Edge, he has worked across industries using AQme and AQTeam tools to enhance adaptability. DA certifying trainer for EQ-I 2.0, MSCEIT, and more, he also holds certifications in Hogan Assessments and MBTI.

Drew earned an MSc in Organisational Psychology and an MA in Leadership. An avid ocean enthusiast, he loves surfing, scuba diving, and sailing.

**"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*

## WHO'S THIS 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

## AQ ENHANCES

### Well-being

Reduces stress and boosts resilience by fostering a growth mindset

### Teamwork

Improves collaboration and communication through flexibility

### Decision Making

Enhances problem-solving and strategic thinking in uncertainty

### Talent Management

Develops high-potential employees and drives continuous learning

### Productivity

Enables agility in adopting new tools, processes, and innovations

## FINANCIAL INVESTMENT

\$2,100