



EXECUTIVE SUMMARY

COGNITIVE FLEXIBILITY IS THE ABILITY TO PERFORM MULTIPLE TASKS EFFICIENTLY AND SIMULTANEOUSLY. A COGNITIVELY FLEXIBLE INDIVIDUAL CAN EFFECTIVELY AND EFFICIENTLY RESPOND TO THE REQUIREMENTS OF VARIOUS TASKS TO MEET THE CHALLENGES OF CHANGING SITUATIONS.

COGNITIVE FLEXIBLE INDIVIDUALS HAVE THE ABILITY TO:

1. *COME UP WITH MULTIPLE INTERPRETATIONS OF A PHENOMENON*
2. *CONSIDER MULTIPLE PERSPECTIVES WHILE DEALING WITH THE DIFFERENT OTHERS*

IMPORTANCE OF COGNITIVE FLEXIBILITY

COGNITIVE FLEXIBLE INDIVIDUALS CAN RESPOND PROMPTLY TO CHANGING CIRCUMSTANCES AND SITUATIONS. THEY CAN PROCESS VARIOUS AND CONFLICTING PIECES OF INFORMATION. THEIR COGNITIVE FLEXIBLE ABILITY ALLOWS THEM TO GO BEYOND THE TRADITIONAL WAY OF THINKING TO ANOTHER DIFFERENT AND INNOVATIVE NEW WAY THAT IS MORE CONDUCTIVE TO THE SITUATION. COGNITIVE FLEXIBILITY PROVIDES ITS HOLDERS WITH THE APTITUDE TO UNDERSTAND AND APPRECIATE OTHER PEOPLE'S PERSPECTIVES AND WORLD VIEWS.

COGNITIVE FLEXIBILITY (CF), AS A LEARNED BEHAVIOR, MAKES ITS ADOPTERS ACT AND REACT DIFFERENTLY WITH DIFFERENT PEOPLE. COGNITIVE FLEXIBLE INDIVIDUALS ARE SITUATIONAL. THEY ACT AND REACT FOLLOWING THE DEMANDS OF THE SITUATIONS. THEY ARE FLEXIBLE ENOUGH TO MOVE IN BETWEEN VARIOUS MINDSETS AND ADAPT THEIR BEHAVIOR ACCORDINGLY. THEY LOOK AT THE SITUATION FROM A DISTANCE. THEY CAN IMMEDIATELY CHANGE PRIORITIES AND SHIFT THEIR ATTITUDE EASILY.

ANOTHER GOOD THING ABOUT CF IS THAT IT MAKES ITS PRACTITIONER FAMILIAR WITH THE UNFAMILIAR WHILE INTEGRATING MULTIPLE PERSPECTIVES TO CRITICALLY SOLVE PROBLEMS.

BY THE END OF THIS WORKSHOP, YOU WILL BE ABLE TO:

- *DEFINE COGNITIVE FLEXIBILITY AS A LIFELONG LEARNING COMPETENCE*
- *IDENTIFY THE IMPORTANCE OF COGNITIVE FLEXIBILITY*
- *PRACTICE THE TRAITS OF COGNITIVELY FLEXIBLE INDIVIDUALS*