



# TRAINING OUTREACH

## AQ: The Resilience Advantage

Department of Interior Virtual Training  
Sponsored by the BLM UAS Program



## WHAT IS AQ?

*Adversity Quotient (AQ) is your hardwired pattern of response to all forms of adversity. Enhance AQ for gains in productivity, innovation and more.*

Leaders deal with unprecedented uncertainty and are increasingly unable to keep up with growing demands, taking a toll on performance, morale, and contribution.

This energizing virtual session equips participants with the AQ principles and tools to respond more optimally to all kinds of challenges and adversity. Those with a higher AQ manage change more effectively, by becoming more resilient, and proactive. Participants will learn the common threads that identify resilience and success while developing better problem-solving skills for handling difficulties in any situation.

## TESTIMONIALS

**Matt Dutton, National UAS Training Lead**

*This course changed my life – helped me realize an optimal response is the key to taking on adversity and influencing others.*

**Dr. Scott, Harvard Business School**

*Next to unconditional love, the one gift I would give my children — over and above IQ, good looks, physical prowess, etc. — would be AQ, or resilience — the ability to respond effectively to adversity in our lives.*

## DETAILS

- Applications due by September 4, 2020
- Selections made by September 18, 2020
- 4-hour virtual session October 13, 2020
- 1-hour virtual follow-up session November 18, 2020
- Modules: Discovery-Measurement-Improvement-Integration



[For more information click here](#)

[Submission form link](#)