

The Chameleon - Adaptability Strategies

Can you think of a time when although you have behaved in exactly the same way with two different people - one of them sees you as honest, the other as determined and ruthless.

Why does this happen?

What can you do about it?

We each have different ways of looking at the world and these determine how we perceive things and people. If we understand the way someone else looks at things (and us), we can adapt the way we interact to have greater impact.

The Chameleon has used adaptability strategies to blend into its environment, but additionally, it uses its eyes in a very unique way to better understand its environment. It looks at things from 2 different perspectives. They can rotate and focus separately to observe two different objects simultaneously. It in effect gives them a full 360-degree arc of vision around their body - now wouldn't that ability be useful?

Of course we don't have eyes that move in different directions, but we do have the ability to alter our behaviour to suit our environment! 'The Chameleon' workout takes a very simple model and helps us see how, by understanding which combination of three lenses someone is using to interpret the world around them, we can alter our behaviour in order to have the effect that we want. Imagine being able to look like a tree!

