

Adaptability: An Essential Skill in Parenting Coordination and Co-Parenting Counseling
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Potential clients need to understand that participating in Parenting Coordination or Co-Parenting Counseling is used to challenge perspectives, not to reinforce a client's current parenting thoughts or patterns, given that these may be reasons they are stuck in their high conflict coparenting cycle. It is essential for parents to start either process with an open mind and an understanding that one of the purposes is to learn how to communicate better, which will require being intentional about flexibility and giving up control to embrace change. Being able to consider or agree to minor or major agreements may disrupt their norm, since change is something they cannot control, which is why starting either process with a mindset for adaptability is essential.

The Center for Creative Leadership, a well-known leadership development organization, has identified several types of adaptability skills that contribute to an individual's ability to navigate new challenges and embrace change (Raeburn, 2024).

Below are six essential adaptability skills that will be effective in a coparenting relationship:

Cognitive adaptability

Cognitive adaptability refers to the ability to adjust one's thinking and mental strategies in response to new situations. This skill set involves critical thinking, problem-solving, and the capacity to learn and apply new information quickly. Adaptable employees with strong cognitive adaptability can easily grasp new technologies, workflows, and project requirements, making them valuable assets in any team (Raeburn, 2024).

Emotional adaptability

Emotional adaptability is the ability to manage one's emotions and maintain a positive attitude in the face of change and uncertainty. This skill is closely linked to emotional intelligence and mental well-being. Individuals with high emotional adaptability are better equipped to handle stress, maintain their composure during challenges, and support their co-workers (Raeburn, 2024).

Personality adaptability

Personality adaptability refers to the willingness to adjust one's behavior and approach to work based on the needs of the situation. Adaptable people with this important skill are open-minded, flexible, and comfortable stepping out of their comfort zone. They can adapt their business styles and communication preferences, making them effective collaborators and team players (Raeburn, 2024).

Interpersonal adaptability

Interpersonal adaptability involves the ability to communicate, collaborate, and work effectively with others. The interpersonal skill set includes active listening, empathy, and the capacity to understand and respect different viewpoints. Strong interpersonal communication skills are essential for building relationships, resolving conflicts, and fostering a positive team culture (Raeburn, 2024).

Creative problem-solving

Creative problem-solving is the ability to approach challenges with innovation and originality. Adaptable individuals with this skill set can think outside the box, generate novel ideas, and develop unconventional solutions to complex problems. When faced with new and unprecedented challenges, creative problem-solving has become an increasingly valuable skill in the workplace (Raeburn, 2024).

Proactive learning

Proactive learning refers to the willingness to continuously acquire new knowledge and skills to stay current and relevant. Adaptable individuals with a growth mindset actively seek to expand their thought process and skill set. Proactive learners are better prepared to adapt to change and take on new roles and responsibilities (Raeburn, 2024).

Change is hard but developing adaptability skills can make change bearable until it becomes comfortable. Here are a few tips to help build adaptability skills:

1. Improve problem solving skills by identifying the problem, brainstorming, agreeing on a solution then implementing the solution.
2. Accept change. It cannot be avoided, only denied. Learning to embrace it will help the children adapt to changes, as well.
3. Be open-minded. It is hard to move forward from the idea of how things should be but this mindset keeps people stuck and closes the mind to new opportunities. People remain focused on what should be and not what could be. Practice active listening without predetermined judgment.
4. Be child-centered child-focus. This requires focusing on the children only and not on personal wants and needs. Leave the ego behind when it comes to coparenting. It opens the mind to embrace the other's perspective clearly and allows flexibility.
5. Stay in the present. Focus less on the past or the future. The past cannot be changed, it can only be accepted and remaining focus on what should have happened or did happen prevents forward movement. Learn to accept things outside of your control.

In PC, a business-type relationship is created between the co-parents to reinforce their equal standing as parents. In Co-Parenting Counseling, sessions are used to address negative thought patterns and issues about their co-parent that prevent them from moving forward. As in a workplace, coparents can only control themselves and their responses, which is why coparents need to develop skills to allow them to effectively manage situations as they come up. As they learn to overcome challenges, discover new approaches and find creative parenting solutions, they will understand why moving forward in their coparenting relationship will be best for their children.

Bibliography:

Raeburn, Alicia, "6 Ways to Develop Adaptability in the Workplace and Embrace Change," Asana, June 21, 2024