Adversity Quotient Profile: A Robust Assessment Tool to Measure Human Resilience

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Abstract

Every individual encounter adversities in their daily lives, which has now began to escalate at an alarming rate due to the complexities that prevail in our system where we live in, one needs to counter minor annoyances to major life altering events. Dr. Paul G Stoltz, the founder of Adversity Quotient® (AQ) states that as our world becomes more demanding, AQ lies at the epicenter of human capacity and our ability to thrive. AQ is used for enhancing Human and organizational performance as AQ is a scientifically grounded technology used by the individuals and organizations to measure and strengthen their response to adversity. Dr. Stoltz, strongly affirms that the present challenge of new economy is to expand human capacity, everyone is stretched with demands from organization and many suffer under the burden or their capacity fall short of what is demanded when it matters the most. Generally, people find short of their existing capacity as their accessed capacity does not meet the required capacity as what the work place demands. This deficiency leads to two alarming trends, firstly the capacity gap fulfillment and secondly the silent toll turmoil caused by dealing with the capacity gap which impacts our performance, attitude, productivity, morale, tenacity and health overall. Hence, the main core objective of this paper is to create awareness on AQ, state its importance and applications on Paul G stoltz AQ Tools and Techniques which basically help to identify and improve individuals AQ by building resilience thereby enhancing human capacity and capability, which is a deeply grounded, practical science of human capacity.
Keywords: Adversity Quotient, Resilience, Adversity Quotient Response Profile, Human, Organization.

9. References


