

**Foro GA3-240202501-AA2-EV03. "Sharing life experiences."**

Think about an experience at work where you were flexible and adapted to a new situation or a change in the process. Now answer:

- **What was the result of the experience?**

As a teacher, during the pandemic, I started to work from home virtually, I had to adapt to my new situation, although it was a challenge, I changed in the process for the better and it was very rewarding, since I demanded much more of myself and learned new things.

- **How did your flexibility and adaptability help you to deal with the situation?**

My flexibility helped me to adapt to my new situation, looking for new alternatives to teach and maintain the interest of the students.

- **Would you change anything in order to deal in a better way with it?**

The only thing I would change to have coped better with the situation is to spend less hours in front of the computer and more with my family at that time.