

# GLOSSARY



## Cultivating Mental Agility

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Use these terms and definitions below to understand concepts taught in the course.

**Transcript Search:** note that you can search for terms directly within the course. To search video text, switch to the *Transcripts* tab, then press Cmd/Ctrl + F on your keyboard to run a search within the active transcript.

Term	Definition
<b>agility</b>	The ability to move and react quickly and easily
<b>just in time, not just in case</b>	The act of acquiring knowledge when it is most relevant to a project or task, rather than just acquiring knowledge for the sake of learning, allowing your understanding to become stale
<b>mental agility</b>	The ability to access our highest cognitive capacity and to adapt to the stresses of our everyday environments
<b>resilience</b>	The ability to quickly recover after a difficulty or setback
<b>scenario pre-planning</b>	The process of mapping out in advance what could go wrong and why to allow you to identify weaknesses and figure out how to offset them