

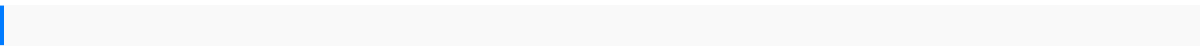
Adversity quotient turning obstacles

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Who is the founder of adversity quotient? Paul Stoltz is a top change management keynote speaker, resilience expert, and the creator of the Adversity Quotient. Dr. He is considered the world's leading authority on the integration and application of grit and resilience.

What is the adversity quotient theory? Adversity Quotient® as defined by Dr. Paul G. Stoltz, "is about how an individual respond to life, especially the tough ones. It measures how an individual respond and deal with everyday hassles to big adversities that life can spring on them.

How to improve adversity quotient?



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