



SEASON 1, EPISODE 1

Adaptability

by Tiffany Ashton Bramblett

DISCUSSION GUIDE

In this episode, Tiffany Ashton Bramblett reflects on how adaptability—the ability to pivot, explore new paths, and embrace unexpected opportunities—shaped her TSA journey and creative career. From gliders to songwriting, national competitions to naturopathic medicine, Tiffany shows that being a “yes, and” person opens doors you never imagined. Her story highlights how TSA helps students build confidence to try new things, learn from failure, and grow in unexpected directions.

DISCUSSION QUESTIONS

Middle School

1. Tiffany talks about being a “yes, and” person. What does that mean in your own words?
2. After spending two years focused on the flight competition, Tiffany realized she needed to try something new. Have you ever changed course when something didn’t go as planned?
3. Tiffany learned from her “learning experiences,” like fashion design and extemporaneous speech. Why is it important to try—even if you don’t win?
4. What’s something new you have been curious to try in TSA or school, but haven’t yet?
5. Tiffany says TSA helped her adapt and find unexpected talents. What is one way you have surprised yourself by doing something outside your comfort zone?

High School

1. Tiffany reframed her TSA experience from “baseball” (focusing on one pitch) to “darts” (trying many things). How does this metaphor apply to your own academic or extracurricular life?
2. She learned she works best with time to prepare. What have you learned about your personal strengths and work style through competition or group work?
3. Tiffany describes saying “yes” to last-minute opportunities and still excelling. Have you ever taken a leap like that? What did it teach you?
4. From music to naturopathic medicine, Tiffany has explored many different paths. How do your different interests connect—and how could you bring them together in the future?
5. Adaptability isn’t always easy, and Tiffany admits it can feel uncomfortable. Why do you think adapting to change is such an important leadership skill?

Optional Extension Activity

Create a “Yes, And” Roadmap.

- Draw a timeline or roadmap showing three points in your life where you adapted or said “yes” to something new—even if it was unexpected. What did you learn? Where did it lead? Then, identify one new thing you’ll say “yes” to this month—in TSA, at school, or in life.

