

Afraid of change? Futurist April Rinne sees it as an opportunity



Futurist April Rinne spoke with Tec students as part of the university's celebrations for its 50th year in Mexico City.

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Héctor Gómez

*"In the past, ships were sail-powered, and a good navigator was someone who knew how to respond to different currents. We must also approach **change in our lives** in this way, learning to adapt to what we cannot control," says **April Rinne**.*

Rinne, named one of the world's 50 leading futurist women by Forbes magazine, guides individuals and organizations to rethink their relationship with **uncertainty** in a constantly changing world.

She is the author of the international *bestseller* [**Flux: 8 Superpowers for Thriving in Constant Change**](#) and participated in a conversation with students and teachers at [**Tec de Monterrey's Santa Fe campus**](#) to share her vision.

During the talk, she addressed the importance of adopting a **flexible mindset in the face of change** and delved into one of the key concepts of her book: creating a **career portfolio** as a tool for integrating professional goals and aspirations with a holistic view.

Rinne visited the Santa Fe campus on February 17, 2026, as part of the **50th anniversary** of the **Tec's presence in Mexico City**, which is being commemorated this year.



April Rinne spoke with students at Tec de Monterrey's Santa Fe campus about how to adopt a flexible mindset toward change. Photo: Héctor Gómez

How to adopt a flexible mindset toward change

April Rinne advises **organizations** such as Airbnb, Nike, Intuit, the World Bank, and the Inter-American Development Bank, as well as the governments of Singapore, South Africa, Canada, Colombia, Italy, and India.

Her work has appeared in **publications** worldwide, including Harvard Business Review, Wired, Fast Company, and CNBC.

She defines the concept of **mindset** as the mental models we use every day to interpret and react to what happens in our lives.

Rinne also describes **change** as something our minds have not yet experienced. She distinguishes between different types, such as **chosen change** and **unexpected change**, over which we have no control.

In this context, Rinne explains that each mindset reacts differently to change. However, the one that allows you to thrive in the face of **uncertainty** is what is called the **Flux mindset**, which consists of seeing every transformation as an opportunity.

Rinne visited the Tec Santa Fe campus as part of the 50th anniversary celebrations of the university's presence in Mexico City. Photo: Héctor Gómez



*“In the midst of all kinds of change, there’s an opportunity, but you have to train yourself to see it that way. This mindset consists of viewing **uncertainty as an opportunity** to learn, grow, and improve,” she says.*

Looking to teach others to adopt a **flexible mindset in the face of change**, the author wrote **Flux**, a book in which she describes eight steps for dealing with **constant uncertainty**.

These measures include learning to slow down, gaining **self-confidence**, setting limits on ambition, and living in the present, among others.

According to Rinne, the constant practice of this type of action is what ultimately forms a habit that generates a **specific mindset**.

*“Adopting a **mindset** is like exercising a muscle. Practice every day and your mental muscles will grow stronger,” she says.*

“There’s opportunity in every change”

Preparing for changes in the professional sphere

During her talk with the Tec community in **Santa Fe**, April Rinne delved into one of the strategies in her book: creating a **career portfolio**, a tool she considers key for those about to start their **professional lives**.

Rinne advises abandoning the **linear view of careers** and capturing **professional identity** in a portfolio that integrates not only work experience, as in a résumé, but also **skills acquired outside of work** and personal aspirations.

*“Include every skill you have, even if you haven’t been paid for it. For example, if you’re a parent, you have **skills** in that role. Include all your experience as a volunteer, your travels, whether you want to have a job or your own business.*

*“Today, my **portfolio** includes my roles as a speaker, author, futurist, advisor, lawyer, hiking guide, global development executive, investor, and yoga practitioner,*

among other things,” she notes.

For the writer, this **holistic approach** has not only opened up **job opportunities** but has also allowed her to align her professional and personal goals, giving her greater clarity about her abilities and more confidence in the face of **uncertainty**.

The futurist also delved into one of the key concepts of her book: creating a career portfolio. Photo: Héctor Gómez



*“Creating my portfolio has allowed me to refine my **professional identity** in a way that connects with my personal evolution and the **future of work**,” she says.*

Rinne emphasizes that all people have the tools to build their **portfolio**, regardless of their work experience, and invites them to explore this exercise to gain a **comprehensive view of their professional goals**.

Finally, Benito Mirón, Director of the **Tec Santa Fe campus**, highlighted the value of her visit for the university community.

*“In a world that is constantly changing, April offers a clear, practical, and deeply human perspective on how to navigate **uncertainty**. We’ve had the honor of welcoming her and listening to her message, which is truly important for the future,” he concluded.*

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