

Embrace the Unknown: Thriving Amidst Uncertain Times

Do you ever feel the mental burden of uncertainty? If so, this webinar aims to unveil the emotional and neurological reactions that uncertainty triggers, illustrating why such situations can lead to stress, anxiety, and a sense of powerlessness. The session navigates through the spectrum of our responses to uncertainty, emphasising how individual thresholds for ambiguity can influence our well-being.

This webinar not only identifies the challenges posed by uncertainty but also focuses on practical and actionable strategies to navigate these uncertain times with resilience and adaptability. Participants will learn about the importance of reframing their perception of uncertainty, building simple routines to gain a sense of control, focusing on what can be controlled, and calming the limbic system to manage emotional responses more effectively.

Learning Objectives

- Explore the range of feelings and neurological reactions to uncertainty, recognising how our brain's response can affect our overall well-being.
- Delve into how uncertainty influences our health, behaviors, and decisions, underlining the importance of mindful responses.
- Harness practical approaches to thrive in the face of uncertainty.

Content Outline

Unveiling the Emotional Rollercoaster

- What is Uncertainty? What Can it Look Like in the Workplace?
- What goes on in Our Brain when We Face Uncertainty?

The Ripple Effect on Health, Behaviour, and Beyond

- The Spectrum of Threshold with Uncertainty
- Implications of Not Managing Our Responses to Uncertainty
- How Might We Act When We are Unable to Cope With the Uncertainty?

Harnessing Strategies to Flourish in the Unknown

- 4 Strategies to Thrive in Uncertainty:
 - Reframing Perspective towards Uncertainty
 - Build Simple Routines
 - Take Action over things you can control
 - Calming your Limbic System