

‘Looking for certainty in uncertain times’

“If the only thing people learned was not to be afraid of their experience, that alone would change the world.”
Sydney Banks

Johann Hari has found that a key factor in the development of anxiety and depression is the ‘loss of hope for a positive future’. Yet, in such uncertain, ever changing times, no future is certain, no plan is fool-proof. In this workshop, we look at feelings of insecurity and our desire to create the ‘known’ when we’re feeling lost. We will examine the human operating system and increase awareness of our habitual behaviours. Enabling us to find a natural solution to navigate challenging times, guiding us to the single next step, even when the way ahead is unclear.

Attend this interactive 60-minute session to discover:

- ✓ The nature of our ‘human operating system’ which enables us to stay on-track
- ✓ How to find a way through the unknown with greater ease

We will make use of Mentimeter in the session which is accessible on your phone or other device. Time will be spent in the larger group as well as breakout groups.



Session overview

1. Introduction to all (large group)

- Current context of uncertainty
- What sits behind uncertainty
- Impact on you, your team and the business

2. Sharing your current experience of uncertainty (small groups)

- How it feels
- What do you do to head off/manage these feelings/change the experience?

3. What's creating your experience: Creating your individual movie (large group)

- Input on the theory
- 'Experiments' to show movie creation in action

4. Single next step – moving forward with it (small groups)

- Questions posed to help participants reflect and deepen insight into the true nature of uncertainty

5. Close and summary points to take away (large group)