

<b>Course Title</b>	<i>Opportunities and Responses in Uncertain Times</i>
<b>Overview</b>	Many people fear uncertainty, favouring certainty as a more comfortable option. Certainty however can be over-rated, while uncertainty can bring enormous opportunities and possibilities that might otherwise not be explored. By considering the validity of popular beliefs about uncertainty, participants are encouraged to appraise possibilities to reframe situations and approach change with greater optimism and curiosity.
<b>Audience</b>	Suitable for all although “Leading Through Uncertain Times” may be a more suitable option for supervisors/managers/leaders
<b>Capacity</b>	Approximately 12 - 16
<b>Duration</b>	Available as either a half day or full day session
<b>Mode of delivery</b>	Face to face
<b>Learning Outcomes</b>	Delegates will be able to: <ul style="list-style-type: none"> <li>• Explore their beliefs around uncertainty, why it is natural to be cautious about change and whether long-held beliefs may warrant reconsideration</li> <li>• Explain how to avoid paralysis and powerlessness in the face of uncertainty</li> <li>• Consider a range of approaches for tackling uncertain times and appraise the best available for their circumstances/environment</li> <li>• Develop an action plan to apply the learning acquired to the workplace and to move forward with greater confidence in uncertain times</li> </ul>
<b>Additional Information</b>	Course content and focus can be tailored to individual needs and preferred duration.
<b>Category</b>	Wellbeing