



## UNCERTAINTY

Flourish through change and adversity

RUN SHEET | 1 HOUR | UP TO 30 PARTICIPANTS

<b>INTRO</b>	<ul style="list-style-type: none"><li>• Facilitator intro.</li><li>• Explanation of why we fear change and uncertainty.</li><li>• Stories from history are shared re change.</li><li>• Ground rules for the session (note - EAP details).</li></ul>
<b>IT WILL PASS</b>	<ul style="list-style-type: none"><li>• Participants are led through an 'It Will Pass' story.</li><li>• Everyone reflects on how they feel after that and if it is a helpful technique for them.</li></ul>
<b>DEFINING RESILIENCE</b>	<ul style="list-style-type: none"><li>• Activity:<ul style="list-style-type: none"><li>• 3 word descriptors of resilience are shared. People have to choose which one they think most represents resilience to them.</li><li>• Based on this, an open discussion around what resilience is takes place (with some additional stories shared).</li><li>• From there people word their own personal definition which they need to keep in mind for future scenarios.</li></ul></li></ul>
<b>ASK THE RIGHT QUESTIONS</b>	<ul style="list-style-type: none"><li>• Explanation re negative vs constructive questions.</li><li>• Activity:<ul style="list-style-type: none"><li>• Participants work through a scenario to think of more constructive questions they could ask in a stressful or challenging situation.</li><li>• Participants share back and reflect.</li></ul></li></ul>

<b>CONNECTIONS</b>	<ul style="list-style-type: none"><li>• Discussion takes place re the importance of connections in times of crisis.</li><li>• Activity:<ul style="list-style-type: none"><li>• Participants reflect on types of people available to them and who they could look to speak to more (and who they should speak to less).</li></ul></li></ul>
<b>FOCUS ON THE NOW</b>	<ul style="list-style-type: none"><li>• The best way to deal with uncertainty and change is to focus on the now.</li><li>• Participants run through the 5-4-3-2-1 exercise.</li></ul>
<b>WINDOW OF TOLERANCE</b>	<ul style="list-style-type: none"><li>• Activity:<ul style="list-style-type: none"><li>• This looks at how we can get ourselves back to our optimal state of stress arousal where we can cope in every day life. Participants fill this out with ideas in their workbooks.</li></ul></li></ul>
<b>CLOSE + ACTION PLANS</b>	<ul style="list-style-type: none"><li>• Review personal action plans.</li><li>• Summary and questions.</li><li>• Point out further resources.</li></ul>