

HOW TO DEAL WITH UNCERTAINTY

Your coach

Sorrel Roberts is a qualified Barefoot and ICF accredited Coach who provides coaching and coaching skills development to a wide range of individuals and organisations. She works with her clients to help them gain clarity on where they are now and where they want to move to, supporting them to realise their potential and move forward with confidence and courage. Clients describe Sorrel's coaching style as highly focused, supportive, challenging and insightful.

You can find her on Twitter: @sorrel_roberts and LinkedIn

About this coaching programme

“If only death is certain but the manner and time of death is uncertain: what do you choose to do now?” Claire Genkai Breeze,
Buddhist Monk/Executive Coach

It's a big question posed by a wise woman. Nothing is certain, therefore we live with uncertainty. There are a range of approaches available to us - we can experience this as anxiety and difficulty or gently move towards grace and acceptance. In this four-week programme we will work together to look at ways in which we can accept, explore and potentially embrace uncertainty as an opportunity to grow.

Week One: Clarity

When we are confused, uncertain and unclear it is natural to want certainty about Everything. Right. Now. This can feel overwhelming and unmanageable. However, if we can learn to sit with our uncertainty there is potential wisdom in it. Before rushing ahead to solutions, this week I invite you to simply allow yourself some space to reflect and let some clarity emerge from your current situation. Here are some questions to assist you in your reflection...

Take a moment to sit quietly in a chair, feet on the ground, close your eyes and take five slow, deep breaths in and out. How do you feel, where in your body do you feel it – just take a moment to notice. Here. Now. What are you thinking, how are you feeling?

Consider your opportunity or challenge – acknowledge where you are right now without filtering. Draw it out on a piece of paper, speak it or write it out.

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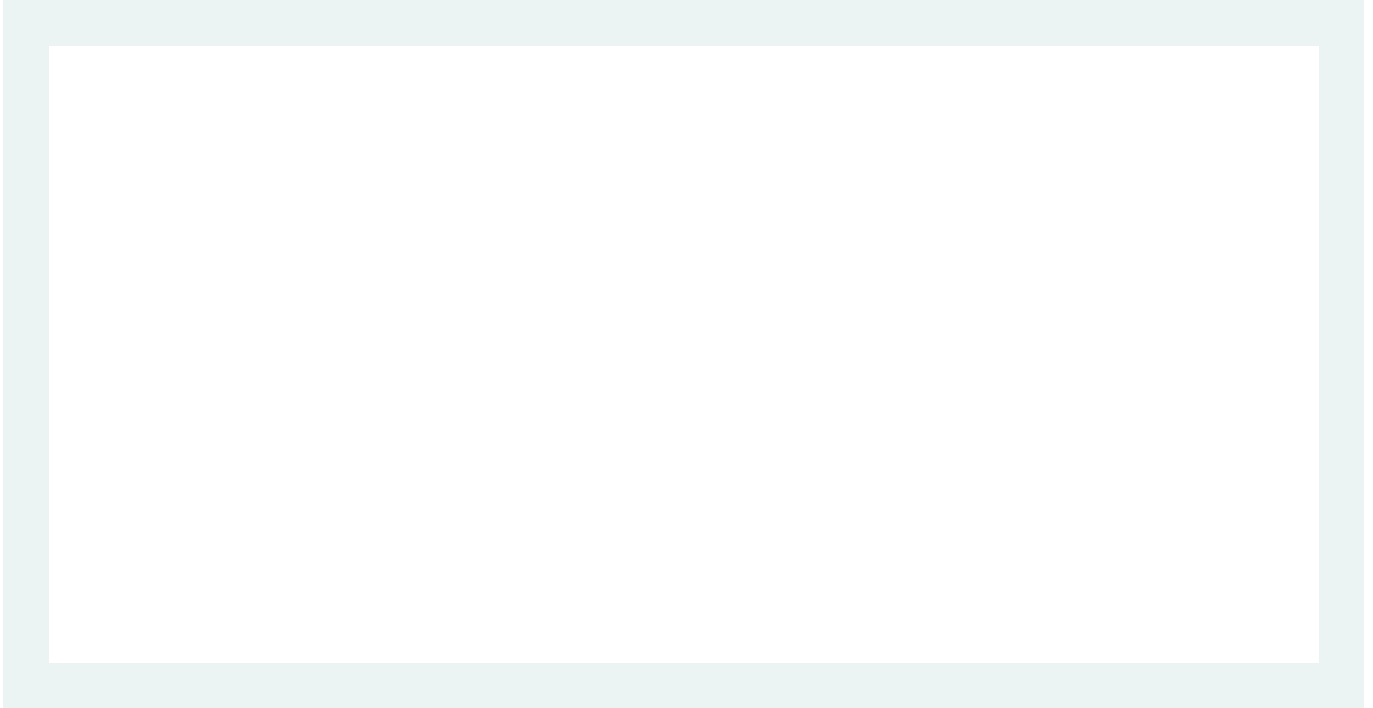
What do I currently have?

What don't I have?

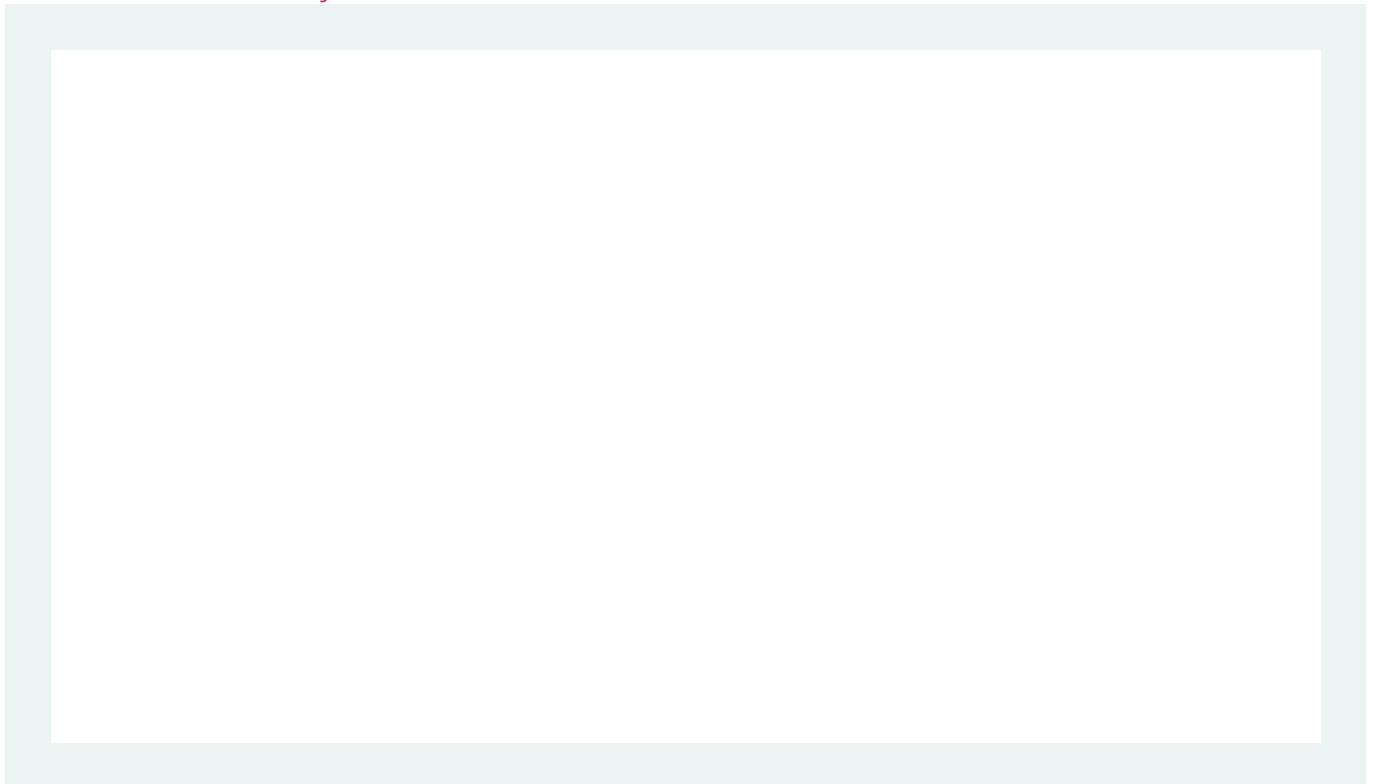
What do I want?

What don't I want?

What would you like to happen now that is not happening now?



What is clearer to you now?



Next week... Confidence