

# HOW TO DEAL WITH UNCERTAINTY

## *Week 2: Confidence*

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."  
- Viktor E .Frankl, Man's Search for Meaning.

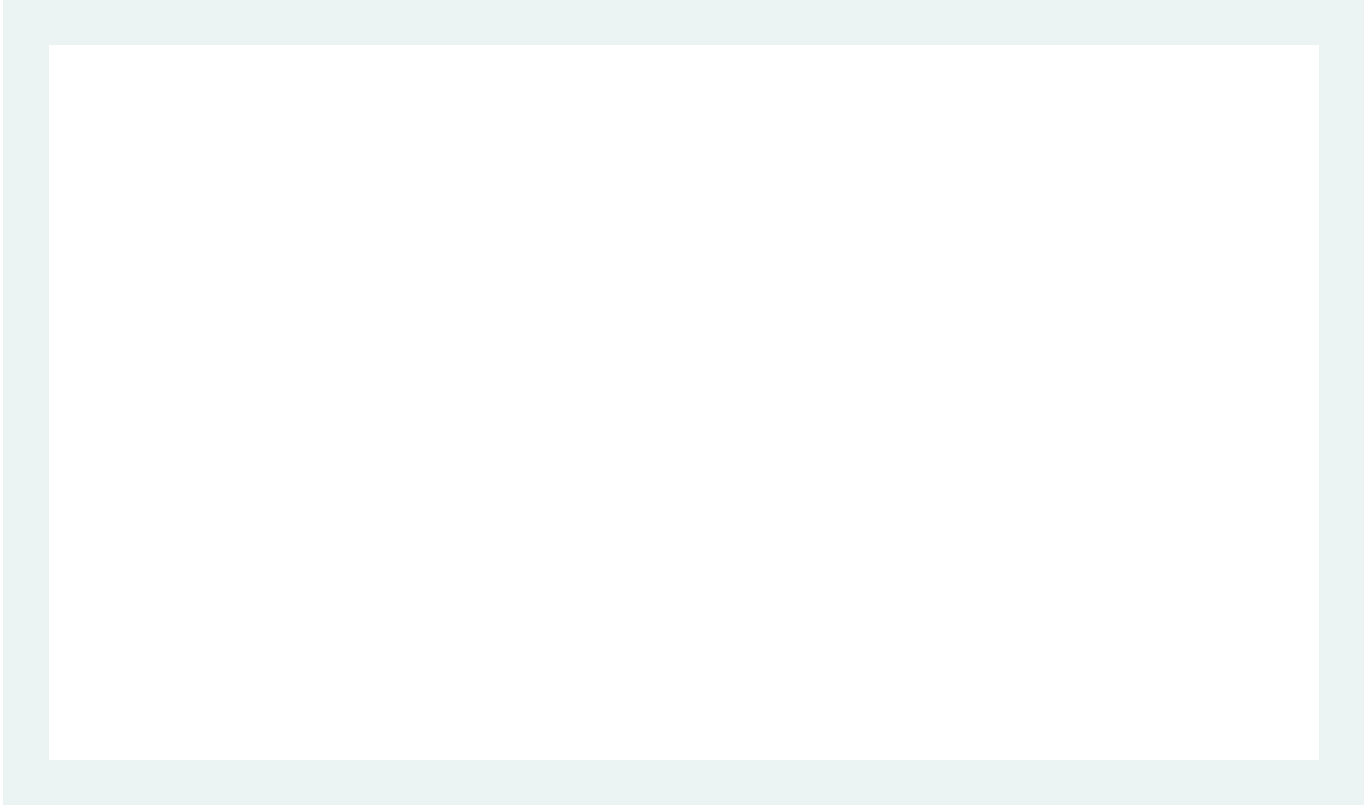
"Uncertainty can shake our sense of self, our foundations and our confidence. However, we have strengths that we can draw upon - even if they feel out of reach right now. We have the ability to choose what we focus on. This week I invite you to focus on your existing strengths and all that you have achieved, received and overcome to arrive here today." - Sorrel Roberts

## *Your coach*

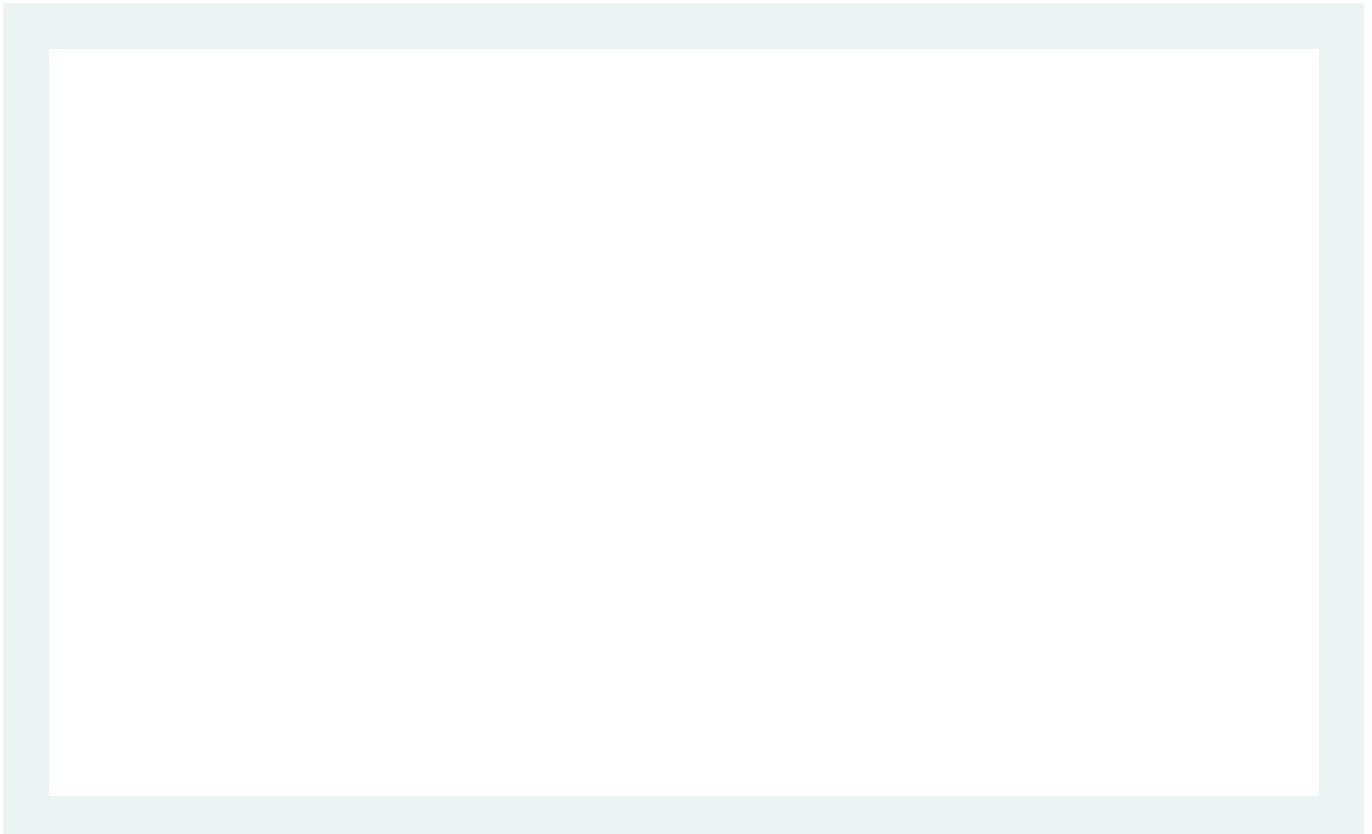
*Sorrel Roberts is a qualified Barefoot and ICF accredited Coach who provides coaching and coaching skills development to a wide range of individuals and organisations. She works with her clients to help them gain clarity on where they are now and where they want to move to, supporting them to realise 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

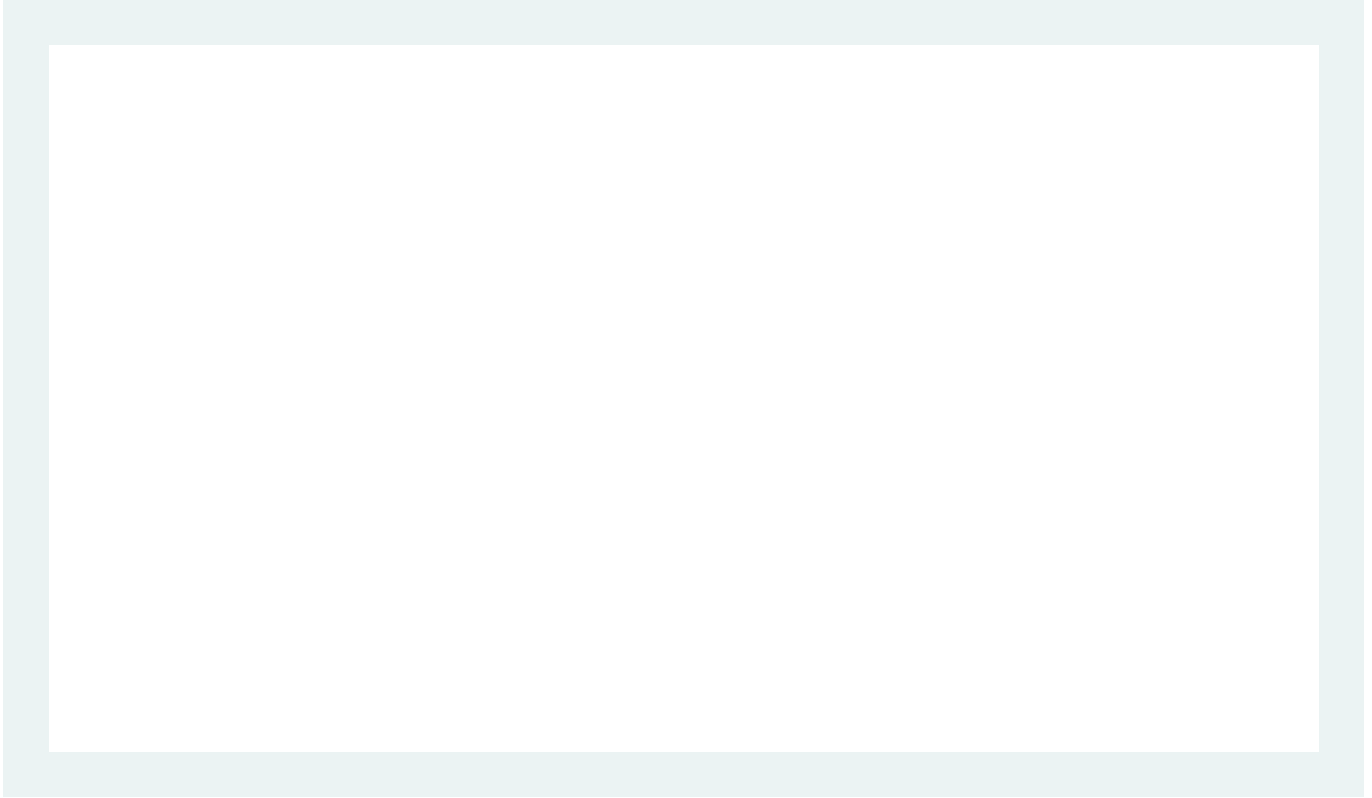
Think of something (could be big or small) that you are proud of – what skills and qualities did you contribute to this?



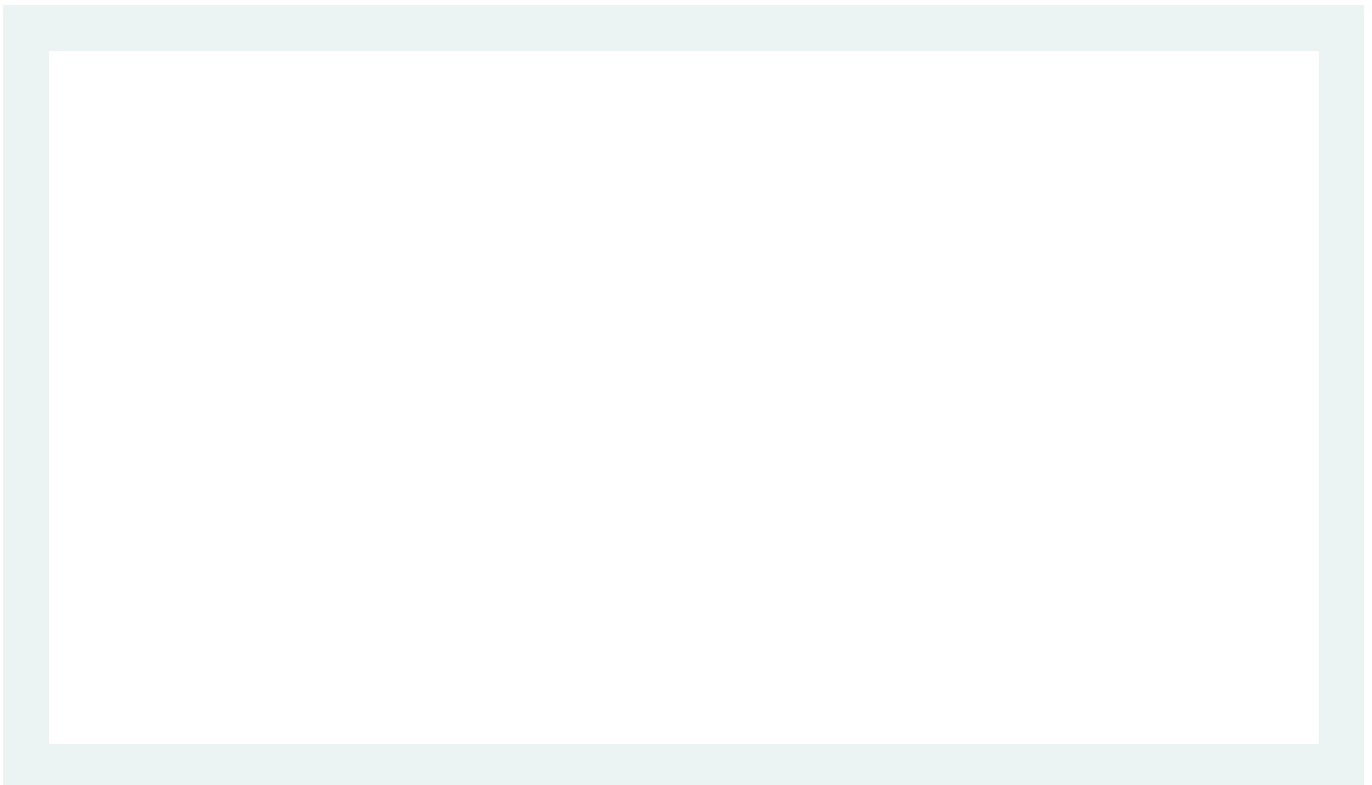
What is truly important to you, how do you know this?



What is it like when you are most alive and engaged in what you do?



If you were to be really kind to yourself, what would you congratulate yourself for?



Ask 3 people you respect and trust the following questions...

1. Name:

o What one word or phrase describes me best?

o What do you think is my greatest achievement?

o What do you value most about me?

o What one thing could I change for my own benefit?

o What do you believe to be my greatest strength?

Ask 3 people you respect and trust the following questions...

2. Name:

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Finally, night for the next week find one thing that went well during your day, write it down and reflect on the part you played...

