

# MANAGING UNCERTAINTY AT WORK

[www.workwithimpact.co.uk](http://www.workwithimpact.co.uk)



## HOW ARE YOU MANAGING UNCERTAINTY?

Managing uncertainty in a business world driven by change can put the success of leaders, their teams and organisations at risk. The COVID-19 pandemic, the current socioeconomic climate, staff shortages, transformation initiatives and even the implementation of AI are all factors that contribute to an environment driven by the continuous need to adapt and evolve. However, these changes often come with a lack of clarity and direction, making it difficult to anticipate the future. Normal ways of working become overstrained.

## WHAT WILL WE DELIVER?

- Increased resilience in ourselves and others
- Understand our mental models of change
- Prioritise self-care
- Confidence to lead through uncertainty
- Increased staff wellbeing, motivation and productivity
- More creativity and innovation
- Reduced conflict and staff turnover

## AT A GLANCE

### THE PACKAGE

- **Workshop 1:** Dealing with Uncertainty
- **Workshop 2:** Leading through Uncertainty

*These workshops can be delivered as two half-day workshops (online) or in person as one full-day workshop*

### COSTS

- £5500 + VAT\*



### Maria Moneva

Senior Business Psychologist and Head of Assessment

*“Embracing change and uncertainty in the workplace is the key to success. Though it may seem daunting, change has the potential to bring about opportunities. With every change comes the chance to grow and thrive.”*

## IS THIS PACKAGE RIGHT FOR US?

At Impact Psychology for Business, we understand the importance of supporting leaders and their teams to effectively navigate through uncertainty and build resilience and healthy coping mechanisms.

Our tailored team development programme is aimed at helping our clients recognise their personal and group mental models of change and develop productive behaviours to build stronger individual and collective resilience.

**Impact.**  
Psychology  
for Business

\*Pricing is based on groups of up to 24 delegates, and two half-day workshops delivered by two facilitators. The programme can also be delivered as one full-day workshop. Please contact us for further details.

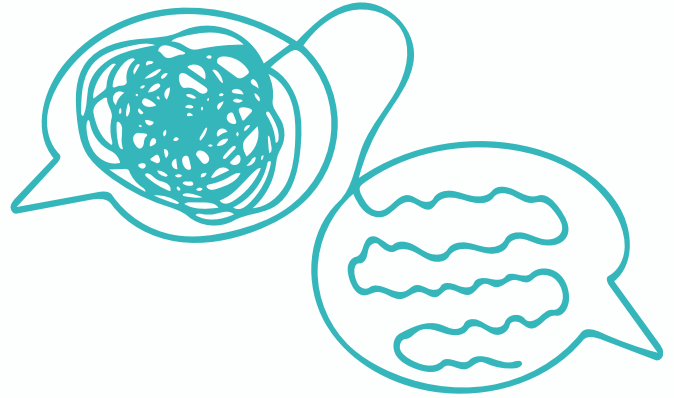
# HOW DOES IT WORK?

We offer a complete programme to tackle how to deal with uncertainty, and how to lead through uncertainty. These sessions can be delivered either as one full day workshop (in person) or two half-day workshops (online), to suit your needs and what makes sense for your team. Each workshop session takes approximately 3 hours, and your sessions can be designed and scheduled on a timeline that suits you.

1.

## Dealing with Uncertainty

- What are our mental models of change – understanding how our brain works?
- How can we build resilience?
- To adapt or take control?
- The importance of self-care



2.

## Leading through Uncertainty

- Power of the leader
- Increasing the resilience of others
- Driving organisational success

