



Dealing with ambiguity and crisis

Managing a crisis is not just finding immediate answers, making complex choices and addressing emergencies. It includes also the ability to look up to the future, to imagine it, to anticipate events and to prepare the organization and the people.

In this time of ambiguity and crisis, many people suffer the consequences of the difficulty of anticipating and planning the future. The fear of ambiguity prevents us from being able to live in the present in a conscious way and interferes with the ability to make decisions related to the future.

The proposed Webinars are preparatory to a personal work that you can organize with a Coach or Clinical Psychologist of the **RISE UP Community**.

Webinar 2 hours

This Webinar introduces the themes of **uncertainty** and **ambiguity**, to allow you to

- ✓ **Understand the origins** of the fear of uncertainty and ambiguity..
- ✓ **Recognize the signs of their presence** and how it manifests itself in every day life.
- ✓ **Learn some simple techniques** to contain and control these fears.

Webinar 4 hours

In addition to the introductory themes of the previous Webinar, there is the possibility to **analyze and manage one's fear by:**

- ✓ Analyzing in depth the origin of one's fear of **uncertainty and ambiguity**.
 - ✓ Learning how to use this fear in a **positive way**.
 - ✓ Defining a personal plan **to overcome one's fear** of uncertainty and ambiguity.
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