

Squiggly Careers PodSheet

How to tackle uncertainty



The science behind uncertainty...



Our brains want to keep us safe and often view uncertainty as a threat.

A fear response can trigger anxiety and stop us taking positive action.



We can retrain our brain to see uncertainty as an opportunity.

Uncertainty can increase empathy, enhance decision-making and increase problem-solving abilities.

Reflect on your response to uncertainty



How do you feel about risk?



How comfortable are you with ambiguity?



How often do you engage situations that feel uncertain?

What does this tell you about your uncertainty tolerance?



Uncertainty creates high arousal in our brains, which improves our ability to gather information and increases our opportunity for learning.

Ideas for action



Collaborate with people who work and think differently to you

Counter-intuitive modelling occurs when we spend time with people who challenge our views, beliefs and assumptions. It feels much more comfortable to work with people who think like us, however spending time with people who test your thinking is a great way to increase your tolerance for uncertainty.



Trust your gut

Combining feelings and knowledge gives human-beings a unique decision making ability.

Next time you face an uncertain situation ask yourself - *what do I **think** are my options* and *how do I **feel** about those choices?*

Coach Yourself Questions



What opportunities could you create for your career if you increased your tolerance to uncertainty?



Who could you spend time with that works/thinks very differently to you?

Recommended resources



[Uncertainty Experts: Lockdown lessons from life inside](#)

An exploratory essay by Uncertainty Expert Sam Conniff



[Leading and leaving the London gang world](#)

Be inspired by Uncertainty Expert Karl Lokko's TedX talk



[How to cope with career change and uncertainty](#)

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Amazing if