

# HOW TO DEAL WITH UNCERTAINTY

## *Week 3: Courage*

"In both the art and the business worlds, the difference between the amateurs and the professionals is simple: The professionals know they're winging it. The amateurs pretend they're not."  
- Amanda Palmer, *The Art of Asking; or, How I Learned to Stop Worrying and Let People Help*

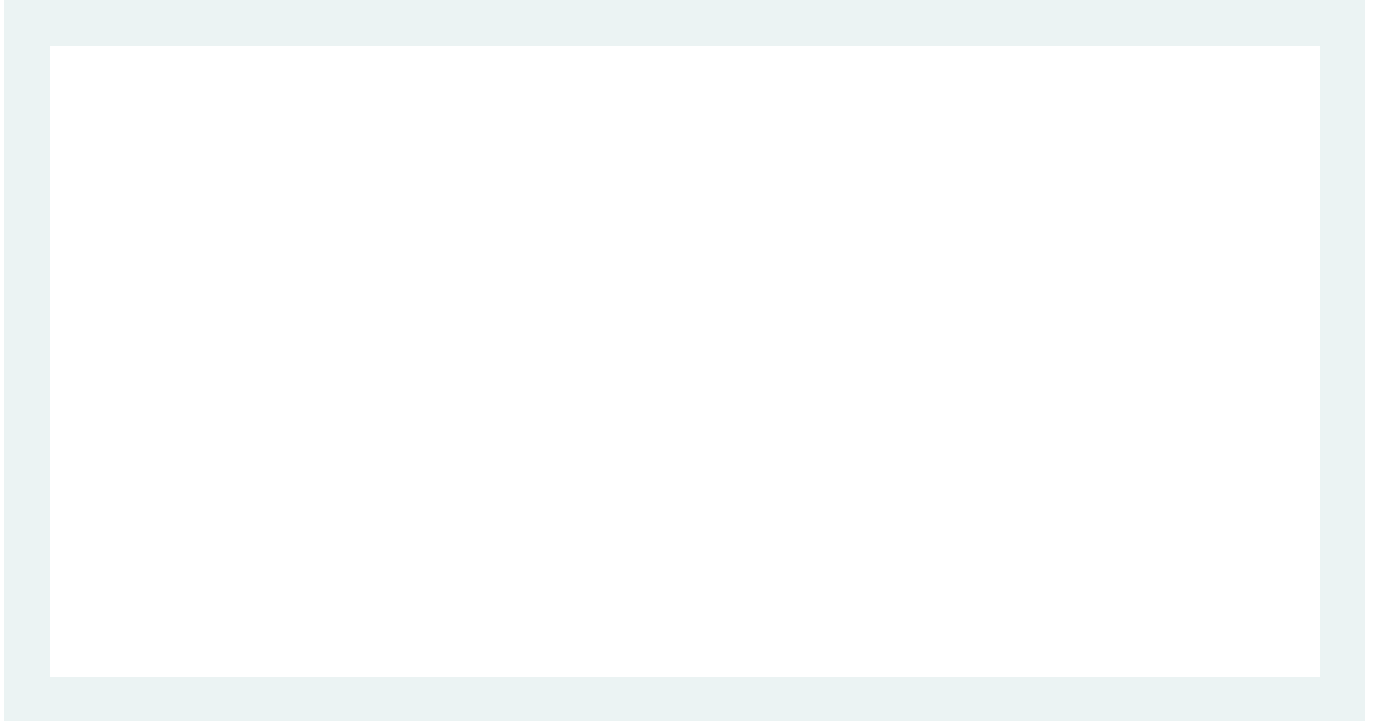
Courage is not certainty, if we unequivocally knew everything was going to work out there would be no need for courage. Courage is moving forward and facing into the reality of uncertainty. However, we can use perspective and positive assumptions to support us. Here are some questions – I hope the answers support you to take courageous steps (or leaps) forward" - Sorrel Roberts

## *Your coach*

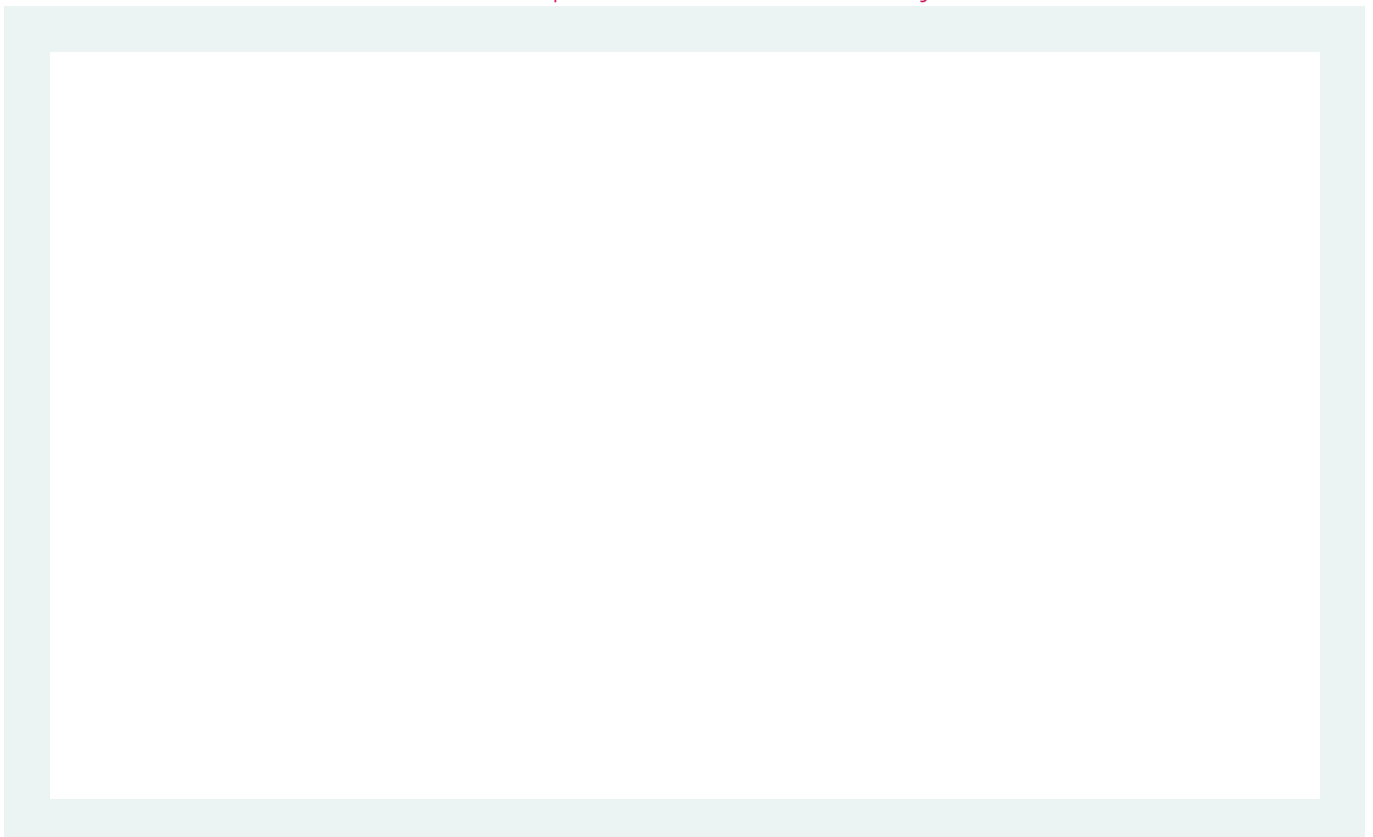
*Sorrel Roberts is a qualified Barefoot and ICF accredited Coach who provides coaching and coaching skills development to a wide range of individuals and organisations. She works with her clients to help them gain clarity on where they are now and where they want to move to, supporting them to realise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

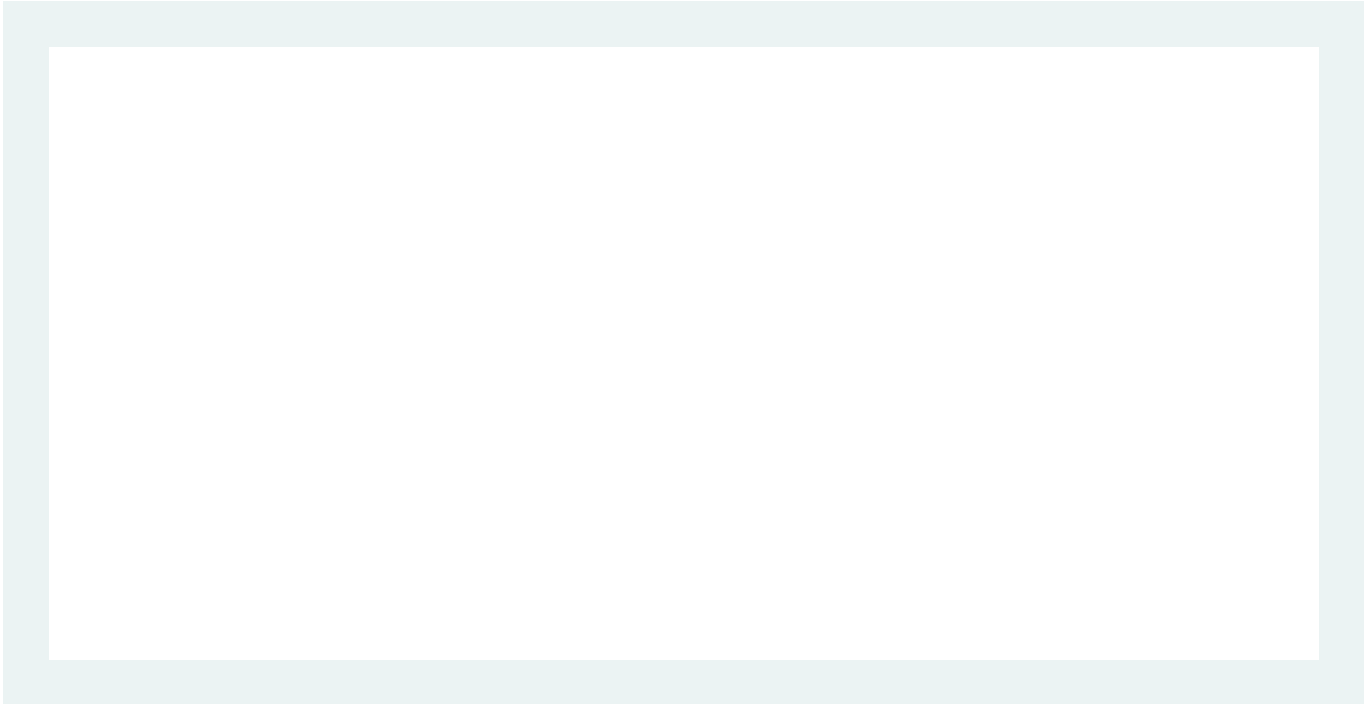
Think about someone you admire (could be someone you know or a public figure) who has moved forward in the face of uncertainty. What do you imagine they thought, felt, saw?



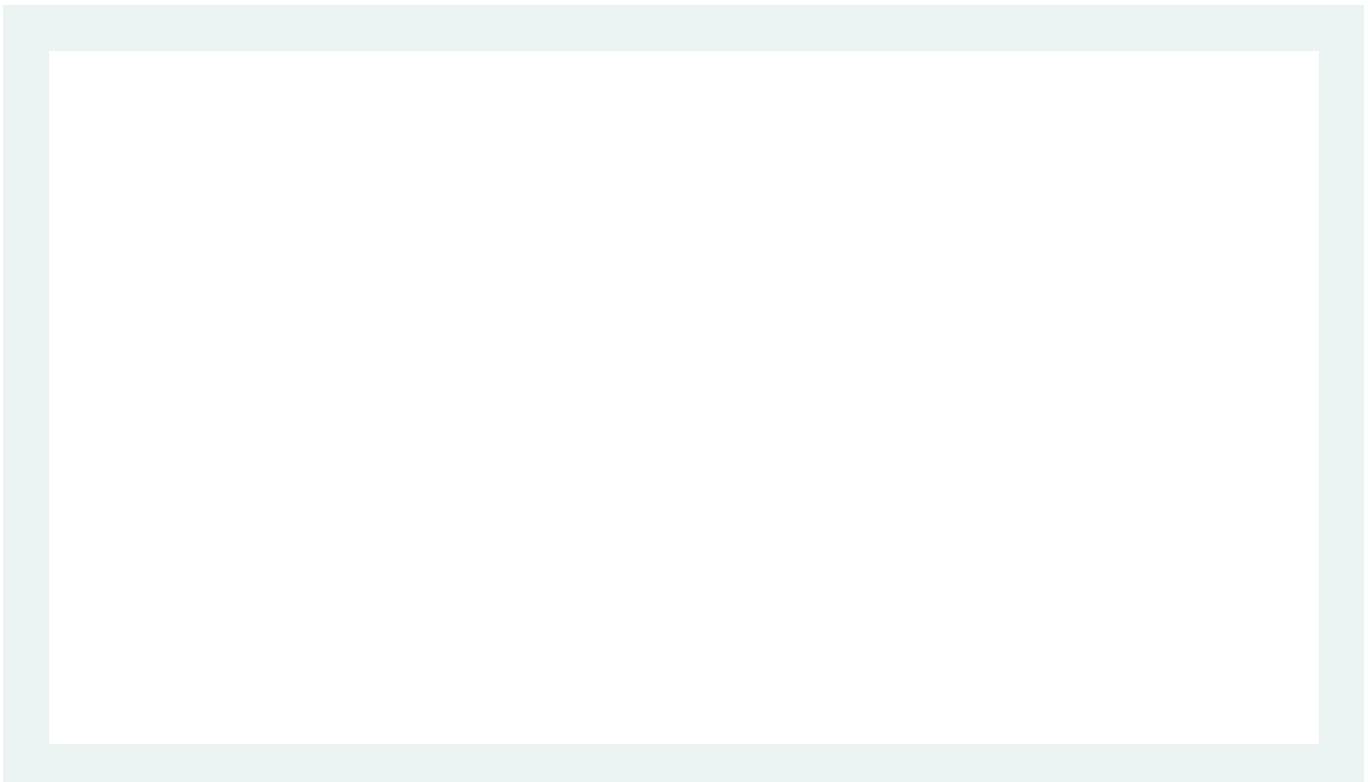
How are the answers to these questions relevant to you?



Imagine a scale – at 1 things are absolutely as you would wish them to be, at 100 things are as bad as they could possibly be (think apocalyptic disaster!) – where is the challenge/issue you are facing on this scale – what perspective does this give you?

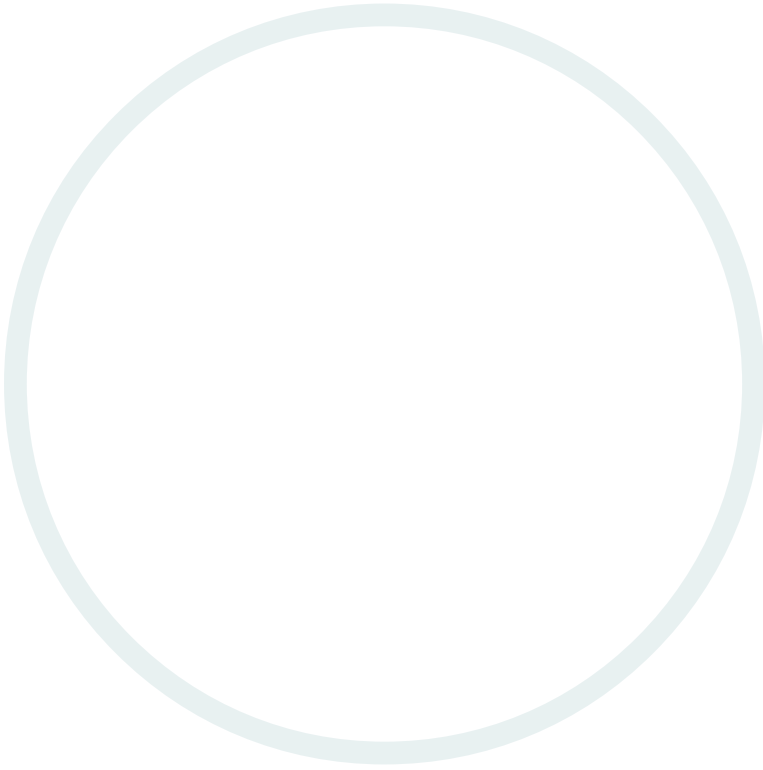


When you look back on your life – what do you want it to stand for? If you were to take one small step towards that today – what would it be?

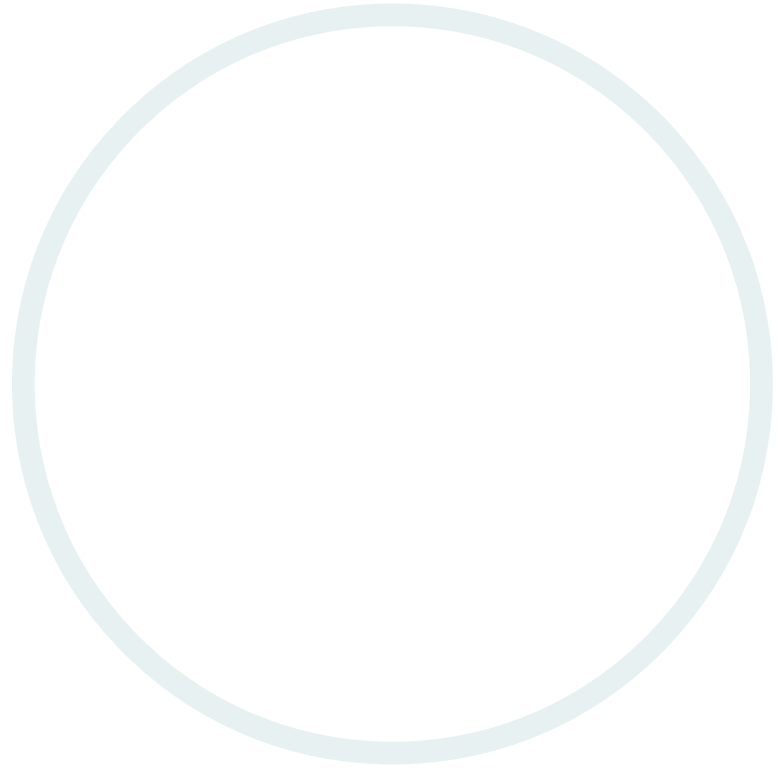


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If you knew you couldn't fail, what would you do now?



What support and resources are available to you? How can you make use of them?



In light of the answers above, what do you choose to do now?

