




DEVELOPING RESILIENCE IN UNCERTAIN TIMES





Uncertainty is the enemy of business planning, making stakeholders feel destabilised, unsafe, fearful and out of control.

And yet, uncertainty is the condition of innovation, creative thinking and unseen potentials which are highly essential in these times.

This workshop will teach your teams how to reduce aversion to uncertainty, and build a positive relationship with it.

A collage of several video call windows, each showing a different person. The windows are arranged in a grid-like pattern, overlapping slightly. The people shown include a man in a light blue shirt, a woman with glasses in a green sweater, a man with a beard in a blue shirt, a woman with dark hair, a woman with dark hair, a man with a beard, a woman with dark hair, a woman with dark hair, and a man with a beard. The background of the windows shows various indoor settings, including doors, bookshelves, and furniture.

WHAT TEAMS WILL LEARN

- Teams will understand the role and action of limiting belief patterns in their lives, and how to identify them.
- Teams will explore tools that help to steer focus towards new possibilities that better support performance and wellbeing.
- Teams will develop a sharper awareness of when the stress response is activated, and will learn how to be more at ease amidst uncertainty.
- Teams will explore tools that help to radically shift the relationship with uncertainty, from a burden to an asset.

Workshop Structure:

- 10 min Theory
- 20 min Practical Tools
- 30/60 min Group Practice



Workshop hosted by Sahar S. (English, French, Spanish)



Sahar is a culture strategist and transformation coach. She works with individuals and teams to create lasting change with high impact.

With a 15 year track-record in leading international consumer businesses where she held management roles in Finance, Strategy and Innovation, Sahar's experience combines sharp business acumen with an in-depth understanding of organisational effectiveness and the human capital challenges companies face.

Sahar has worked 7 years in human development, accompanying the transformation of individuals and the growth of teams. She is trained in Tibetan meditation, neurobiology of stress/change, and is passionate about personal development and the human psychology.

Her workshops help teams unlock greater human potential, shift mindsets and build bridges towards a regenerative paradigm.