

Embracing Times of Uncertainty

GoSkills online course syllabus

Skill level

Beginner

Lessons

7

Pre-requisites

No prior experience needed

Video duration

14m

Estimated study time

14m 21s

Instructor

Sam Bennett

Introduction

1 Embracing uncertain times

Uncertainty is a term you've probably heard time and time again in recent years.

How to Embrace Uncertainty

2 Demystifying uncertainty

You can probably pinpoint the feeling, but what does uncertainty actually mean?

3 Why you feel uncertain

There are specific reasons why uncertainty can make you experience other negative emotions.

4 Overcoming uncertainty

There are several methods you can use to regulate your emotions and overcome feelings of uncertainty, even when things themselves remain uncertain.

5 Uncertain to optimistic

You have the ability to turn uncertainty on its head and use uncertain times as a source to create opportunity and flourish.

6 Letting go of control

One of the biggest obstacles to feeling comfortable in times of flux is the feeling that you're not in control.

Conclusion

7 Conclusion

Thanks for watching this course!

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