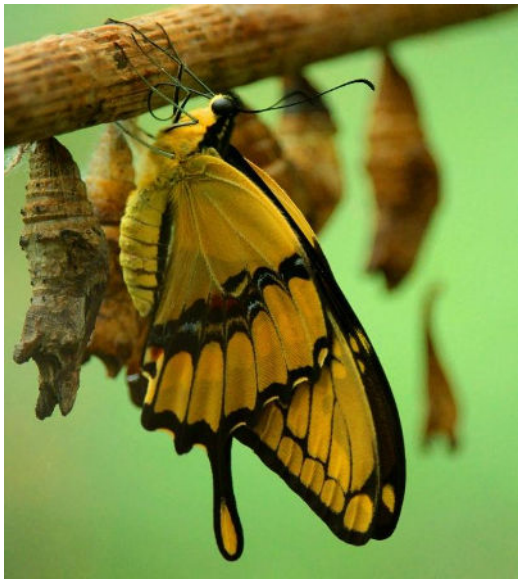
Getting comfortable with the unknown



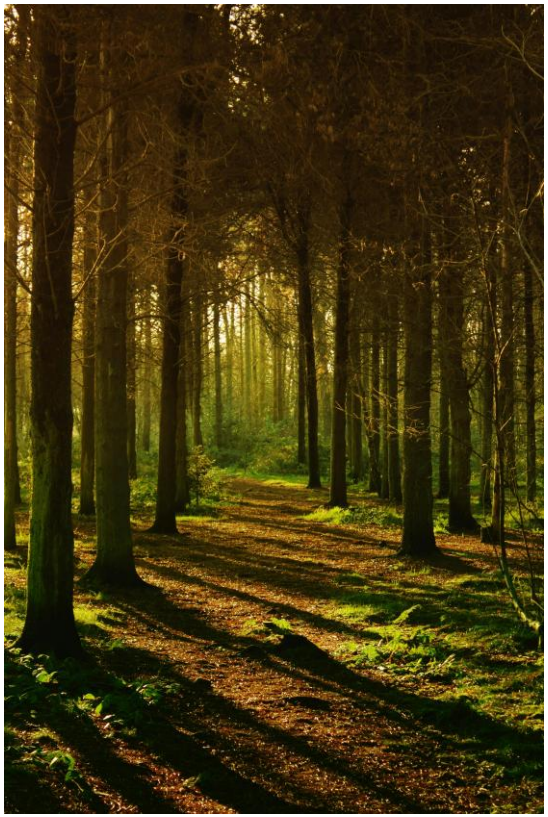
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Agenda

- Context
- ACCEPT framework
- Try it out

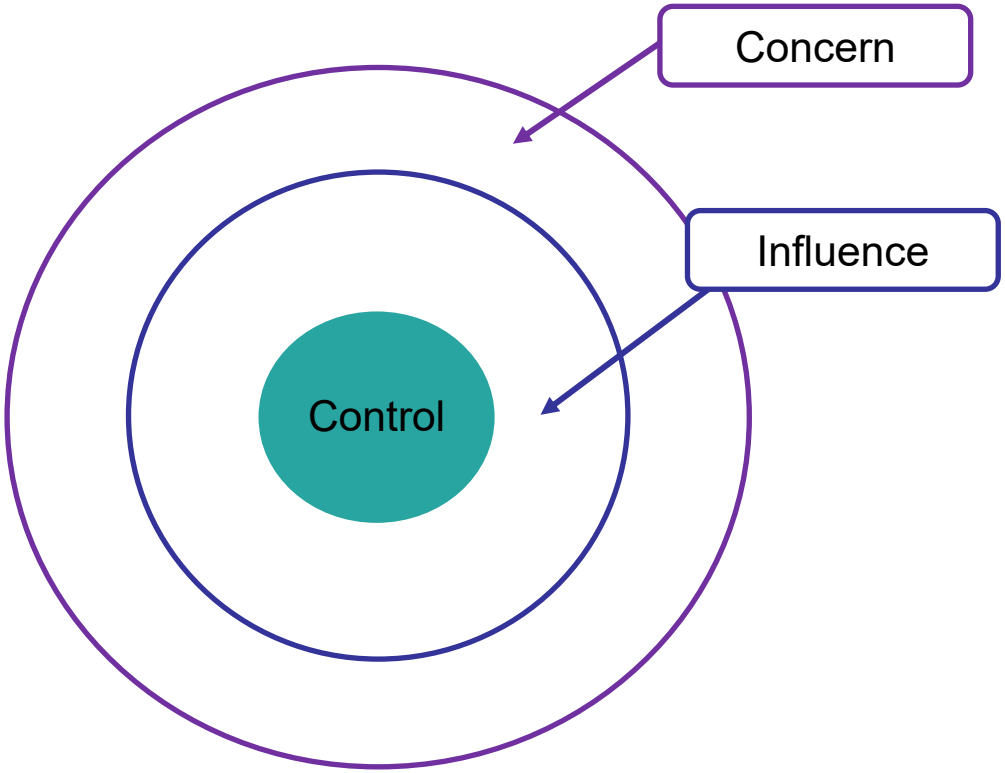


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Getting comfortable with being uncomfortable

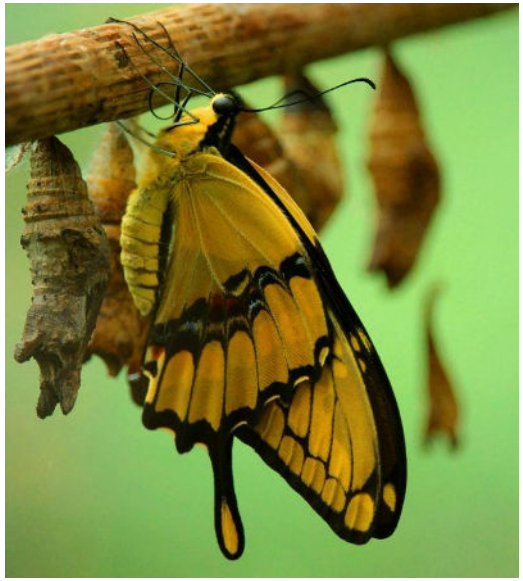
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What we can and can't do



ACCEPT
micro-habits

1. Anchor in your values
2. Change your standards
3. Control the next action
4. Emotional check in
5. Practice reflection
6. Talk it out



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Anchor
in your values

Values are the rope we hold onto



The habit:

- ✓How are your values being challenged?
- ✓How are they helping you?

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Change
your standards

Focus on impact, not perfection



The habit:

- ✓What is good enough right now?
- ✓What is impactful, even if it's not perfect?

Control
the next action

Focus on the next action, not the whole task



The habit:

- ✓Micro acts of certainty
- ✓Take a small action

Emotion
check in

Emotions are a signal, explore don't react

The habit:

- ✓ Pause, examine, breath
- ✓ Name it
- ✓ Normalise it



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Practice
reflection

We can learn from every situation



The habit:

- ✓Review
- ✓Reflect
- ✓Learn
- ✓Plan
- ✓Repeat

Talk
it out

Feeling supported reduces loneliness

The habit:

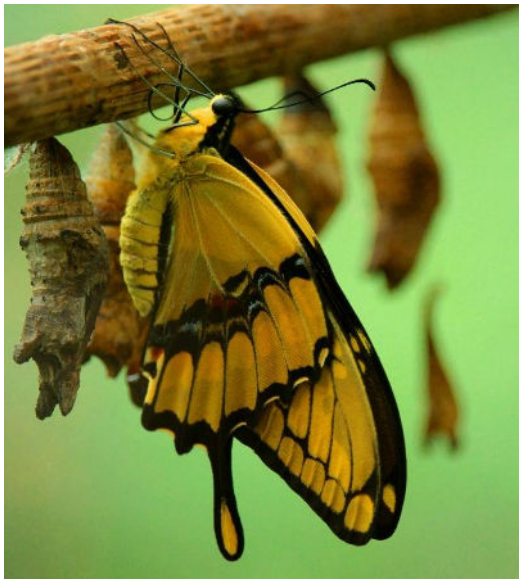
- ✓Ask to share, not to solve
- ✓Nurture your network



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ACCEPT
micro-habits

1. Anchor in your values
2. Change your standards
3. Control the next action
4. Emotional check in
5. Practice reflection
6. Talk it out



Take time to take action



- What is causing you uncertainty at the moment?
- What habits have served you before now?
- What other techniques might you try?
- How could you test these and keep building your skill set?

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Find out more



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Get in touch



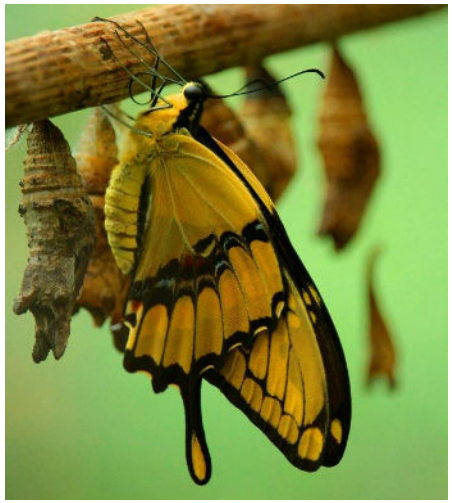
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Thank You!

Getting comfortable with the unknown



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