

**Programme for Faculty at Work Session 2
11th September, 2017**

UNCERTAINTY

What does Uncertainty mean to you ?

How does this affect you ?

What areas of your life do you feel Uncertain ?

How does the World Uncertainty affect you – does this enter your life ?

What do you see as being UNCERTAIN ?

HOW DO YOU HANDLE THIS ?

Can you ascertain how much Uncertainty is in your life and what level of stress would you think this is?

Make a list of all the Uncertain areas of your life and all the Uncertain issues you have to deal with.

What do these areas of life and issues mean to you and how do they affect your life ?

When did or do you feel you became Uncertain ? Is there any age, or a trauma, or an incident that comes to your mind ?

How can we turn Uncertainty into Positivity and make it work for us ?

Lets do a balance with Uncertainty as our Goal.

Balance: FAST action balance with 3 D checks (swaying 3D and muscle movements of the Robots, Swimmers and Penguins)

Kay McCarroll and Niki Honore.