

Leading Through Uncertainty



60-Minute Online Webinar

A focused, interactive webinar introducing a calm, reflective approach to navigating workplace change and complexity.

Periods of change, pressure, or uncertainty can affect how people think, decide, and communicate at work. Even experienced and capable professionals can find that clarity narrows and decision-making becomes more reactive when there is no obvious way forward.

Leading Through Uncertainty is a structured 60-minute online session designed to create space for sense-making and orientation when clarity is limited and decisions still need to be made.

Rather than teaching techniques, coping strategies, or wellbeing interventions, the session offers a practical, reflective framework that supports clearer thinking and grounded decision-making under pressure.

Participants engage in brief, carefully facilitated exercises and leave with greater clarity about their current situation and a clearer sense of what to focus on next.

How the Session Works

The webinar uses structured reflection supported by neutral prompt cards. The cards introduce a light element of randomness, which helps interrupt habitual thinking patterns, reduce over-analysis, and open up new perspectives. This approach supports insight without directing outcomes or diagnosing individuals.

The session is:

- Non-directive – participants are not told what to think or do

- Non-diagnostic – no assessment, labelling, or analysis

- Low-disclosure – participants choose what, if anything, they share

- Professionally grounded – focused on thinking, orientation, and decision-making

The emphasis remains on sense-making, perspective, and identifying realistic next steps, rather than problem-solving or emotional processing.

Who It's For

This webinar is suitable for:

- Professionals navigating transition, ambiguity, or increased responsibility
- Managers supporting changing, distributed, or pressured teams
- Organisations seeking a low-commitment introduction to this reflective approach

It is appropriate for all employees and does not position participants as needing help, intervention, or development support.

Learning Outcomes

Participants will:

- Understand how uncertainty and pressure affect thinking and behaviour
- Experience a practical reflective process for navigating ambiguity
- Gain perspective on their current situation
- Identify one clear, realistic next step
- Leave with increased clarity and confidence in their decision-making

Why This Approach

Many workplace sessions focus on stress management, wellbeing, or resilience skills.

Leading Through Uncertainty takes a different approach. It recognises that in complex situations, people often don't need advice or techniques, they need space to think, structure for reflection, and a way to orient themselves when there is no clear answer yet.

This session provides that space, in a format that feels accessible, professional, and immediately usable.

Key References

This work is informed by established research in reflective practice, experiential learning, psychological safety, decision-making under uncertainty, and coaching psychology, including the work of Schön, Moon, Kolb, Edmondson, Kahneman, Sunstein & Hastie, Revans, Grant, de Bono, Klein, and Barrett.

For dates, bookings, or organisational enquiries:

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