

TOWARDS SAFER UNCERTAINTY

Workshops

I am currently running a variety of **workshops** designed to help people **navigate change** and **uncertainty**. Each workshop is a mix of learning, discussion and experiential activity.

They help with

- Navigating uncertainty
- Being with change
- Supporting others through change
- Providing some respite and a virtual change of scene
- Setting a positive mindset
- Contributing to wellbeing

What's involved

6 different online workshops

75-minutes each

Do 1 up to all 6

There are 3 ways you can engage in the workshops:

1. Join an open program with people from other organisations
2. Learn together as a t
3. eam development exercise
4. Offer a course or courses within and across your organisation

Dates & times

Flexible to meet your needs

Email me to discuss

Cost

Team & organisations: £295.00* a session for up to 12 people at a time

Individuals: £50.00 (Join people from other organisations)

Self-sponsored: Pay what you can afford

Email me to discuss.

**Equivalent in your local currency*

Workshop 1

The change loop

Understanding the emotional journey of change.

An activity in how better to be with change.

Workshop 2

The Hero's journey

Personal growth is often characterised by difficult experiences.

An activity in drawing resources from your own life journey.

Workshop 3

Flexible identity

Exploring the relationship between attachment and suffering.

An activity involving a 'future-pulled present.'

Workshop 4

Connecting to purpose

Knowing more about what drives you can help you navigate difficult times.

An activity in exploring your purpose.

Workshop 5

The stories we tell ourselves

Some of our thinking is the construct of contaminated thinking.
An activity in clearing the way for more productive thoughts.

Workshop 6

Response-Ability

Exploring the relationship between responsibility and personal agency.
An activity about choice and ownership.

What is Towards Safer Uncertainty?

The knowledge base for the workshops is held within a framework called Towards Safer Uncertainty.
The premise of Towards Safer Uncertainty is:

We often confuse safety with uncertainty.
We can assume they are the same thing.

When we assume safety and certainty are the same thing, we attempt to move towards certainty to feel safe. Certainty is unrealistic and does not exist in any sustainable way. So, we find ourselves defending, denying and controlling to maintain our safety.

As we become aware of our flawed approach, we distinguish between that which genuinely keeps us safe, and our drive for certainty. This allows us to move Towards Safer Uncertainty. Safer uncertainty is a domain of possibility, exploration, learning and growth. It is a more realistic space, but can also be vulnerable, uncomfortable and confusing at times.

Learn more

Visit 'Blogs' on my website for a series of articles and a podcast.

What people are saying about the workshops

Paula Jarvie - Performance Lifestyle Advisor, sportscotland Institute of sport

Matt's approach was supportive, engaging, humorous and energised. He delivered a well-paced, challenging, and informative series of online workshops which provided just the right balance of thought-provoking content, and included enough time for applied practice exploring our personal fears, energy & identity. The future was most definitely pulled present and toward a safer uncertainty. A definite must in this current climate.

Laura Pilkington - Para Swimmer, Scottish Disability Young Persons Sport Panel 2020 - 23, sportscotland Young Persons Sport Panel 20 - 22

I really enjoyed it, it really made you think. Through the pair work at the end, I felt a lot better about the change I've been experiencing. I think the questions are great and can be used in all future experiences of change! Definitely highly recommend anyone that didn't go to attend the next one.

Grace Stirling, Scottish Disability Sport Young Start Coach Apprentice

Matt's session was really enjoyable his questions about the change you were experiencing were really straightforward but also made you think. I felt like I was able to understand my change and came out feeling so positive. I will definitely use these skills in the future.

Claire Morrison – Performance Coach, GB Boccia

Matt gives you the time and space to learn. He creates the right environment for people to take their own path and apply information to their own work and contexts.

For further information please email me. Details in the footer.