



STEADY WITHIN: Building Capacity for Uncertainty and Change

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

Uncertainty is not a problem to solve. It is a condition to navigate. When the brain encounters ambiguity, it often responds as if there is danger—activating threat systems that fuel anxiety, avoidance, and chronic stress.

Resilience in uncertain times is not about being unaffected. It is about practicing a set of learnable capabilities that allow you to remain steady, functional, and values-driven even when the ground itself is shifting.

KEY TAKEAWAYS:

- What uncertainty is, and why it is so difficult for the human mind.
- What resilience is, and what it is not.
- The ten core capabilities needed to navigate uncertainty, and how to strengthen them.

