

Embracing Uncertainty: Achieving Peace of Mind in a Chaotic Business Environment

What do we need to do to reach this wonderful state of being in this world?

How do you want to choose to live?

Do you want to live in a state of unhappiness, exhaustion and futility?

Introduction

Embracing uncertainty is a workshop about sleeping better at night, easing the pain in our brain that comes from trying to control the uncontrollable, about making life more of an enriching adventure than a continuous worry. It is about providing that "something enduring to hold close, something that won't wash away in the furious tides of change". This workshop provides skills to help participants to overcome emotional challenges at work.

Program Objectives

This program aims to:

- Help participants to achieve emotional stable
- Provide techniques and exercise to get rid of soul-destroying ways of thinking and being in the world.

Learning Outcomes

After completing this program, participants should be able to:

- Emotional stability in handling any challenges in life.
- Achieve peace of mind in the journey of life

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend?

Human resource personnel, Marketing personnel, Financial personnel, Senior Management, and anyone who would like to apply behavioural biases into the business strategy.

Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p>The Wonder of Wondering</p> <p>In this module, the participants would understand three realities in life. The participants would perform the exercise "The "I Wonder" Exercise". From the exercise, the participants would find the equilibrium towards hoping life and wondering about life.</p>
10:30am– 11:00am	<p>Tea Break and Networking</p>
11:00am – 1:00pm	<p>The Power of Maybe.... The Value of Doubt</p> <p>This module helps to review what they know and what they do not know. The participants would also review the concept of maybe in life. The participants would conduct the "Maybe Exercise" and "the Blending Energy" Exercise to help them understand themselves.</p>
1:00pm – 2:00pm	<p>Lunch and Networking</p>
2:00pm – 3:30pm	<p>Freedom from Our Attachment to Unhappiness</p> <p>In this module, the participants will start with the scissors in their minds to identify the source of unhappiness. The participants would learn through the practical session with the game, "I will worry Tomorrow". This game enables participants to feel the impact of attachment to oneself.</p>
3:30pm – 4:00pm	<p>Tea Break and Networking</p>
4:00pm- 5:00pm	<p>Increasing the Odds</p> <p>This module trains participants to embrace the uncertainty instead of being intimidated by it. The participants have to learn how to let go of their expectations about how it all should turn out. Hence, the participants would accept the world's uncertainty, and not everything happens to follow the normal rules.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p>Embracing the Learning</p> <p>In this module, the participant would understand that what we encounter each day is a learning process. If it is good or bad, our encounter should have something we can learn and accommodate with it. Participants would learn the technique of how to conduct self-reflection. From self-reflection, the participants would conduct a self-improvement plan.</p>

10:30am– 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Collecting Heroes</p> <p>In this module, the participants would be shown some unfortunate experiences. Participants would be trained to shift their mindset to view the scene as a "victim" or the "winner". Mindset shifts would be trained in this session so that the thinking pattern can be established.</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Finding Your Meaning and Purpose</p> <p>Too many of us, life seems inexplicably empty. No matter how much success we attain or how many activities are participating in, there still seems to be that deep yearning for something more. This module helps participants to search for life that accomplishes with meaning.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Embracing the Ultimate Uncertainty</p> <p>This module is the most difficult module to remind the ultimate goal of the human being –death. The participants would learn how to accept the departure of people around us.</p>