

**PRAESTA PROMPT: HANDLING UNCERTAINTY**  
**Looking after your resilience**

How are you approaching the uncertainties of this autumn at both professional and personal levels? You may be apprehensive, or you may see opportunities for welcome change. You may be finding it hard to be optimistic, or you may be confident that a way forward will be found, however long it takes. In the work context, could it help to reflect:

**As an individual**

1. What is the positive difference I can make in my role?
2. How best do I take seriously the expectations on me, and yet sit lightly to them?
3. What or who will help me stay level-headed in turbulent times?
4. How best do I accept that life is inherently uncertain and may sometimes feel unfair?
5. If I can see the way forward, what do others need from me so they can confidently follow?
6. Might I look back on this period as providing a fork in the road, leading to new possibilities?
7. What will help me to keep smiling?

**As a team**

8. What have we learnt from recent experience about how to bring the best out of each other?
9. How do we maintain collective responsibility and mutual support when under fire?
10. Can we remind ourselves about what really matters in the great scheme of things, and keep our collective focus where it needs to be?

These ideas take forward the thinking in the Praesta Insight booklets 'The Resilient Leader' [click here](#) and 'The Resilient Team' [click here](#). For the accompanying video, [click here](#)