

# Ready for anything: How to think, adapt and act in uncertain times

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**“What would you do if you knew  
you couldn’t fail?”**

# Some volunteers please

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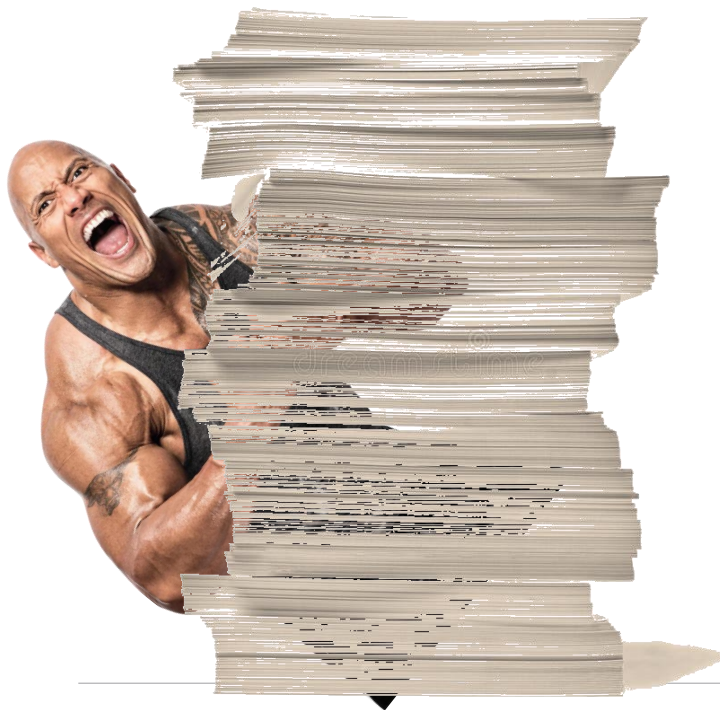
# Let's play HUMAN rock, paper, scissors

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# The rules

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# A line of uncertainty



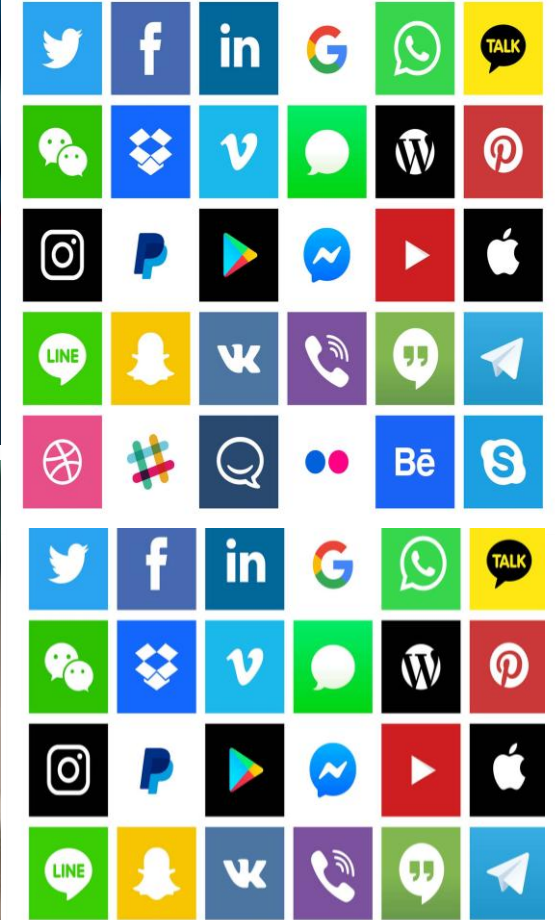


# Making sense of uncertainty

# School 10,000 years ago



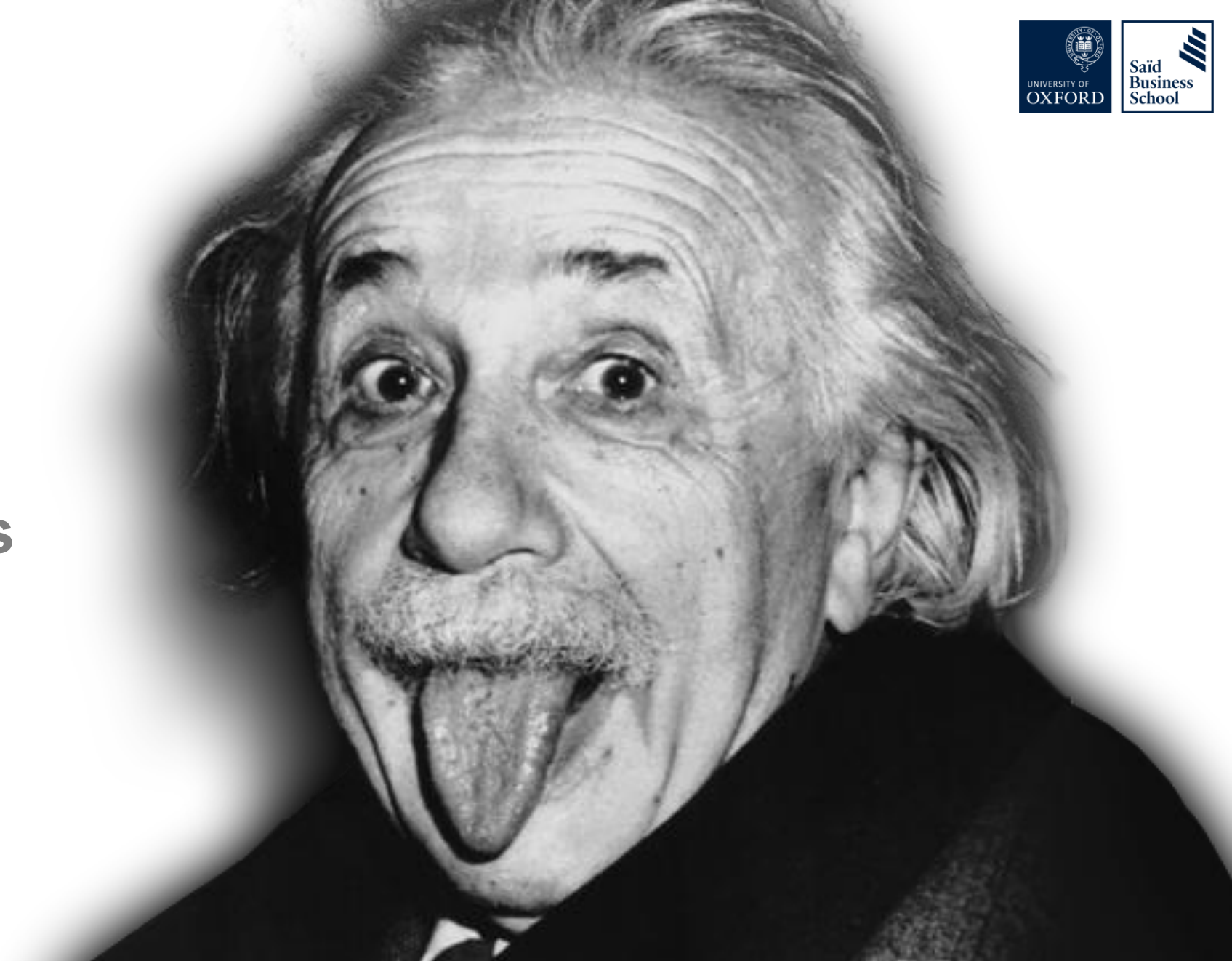
# Keeping pace in a changing world



## How do we experience this as young people



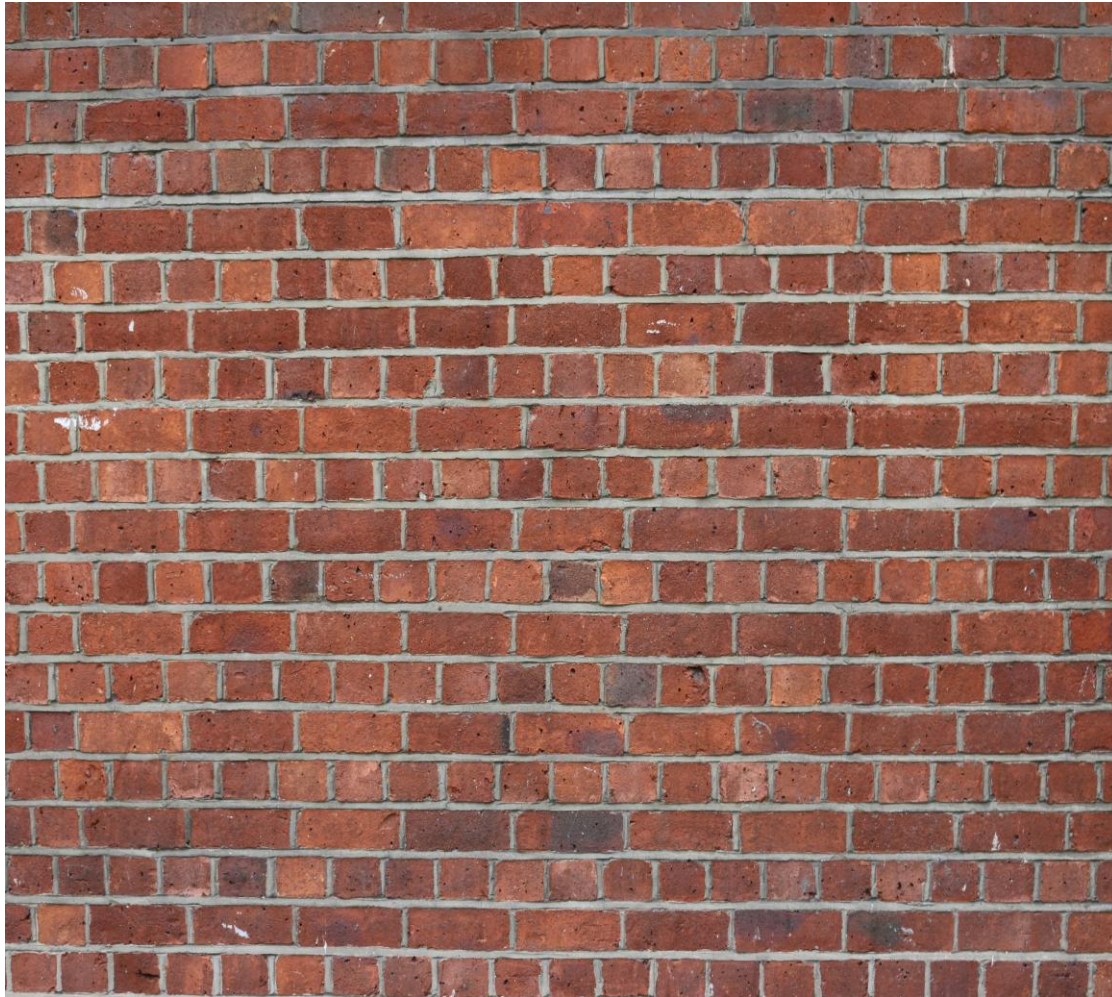
**So what does this  
mean for us?**



# Our world becomes smaller



## Building walls rather than bridges



# We are wired for certainty

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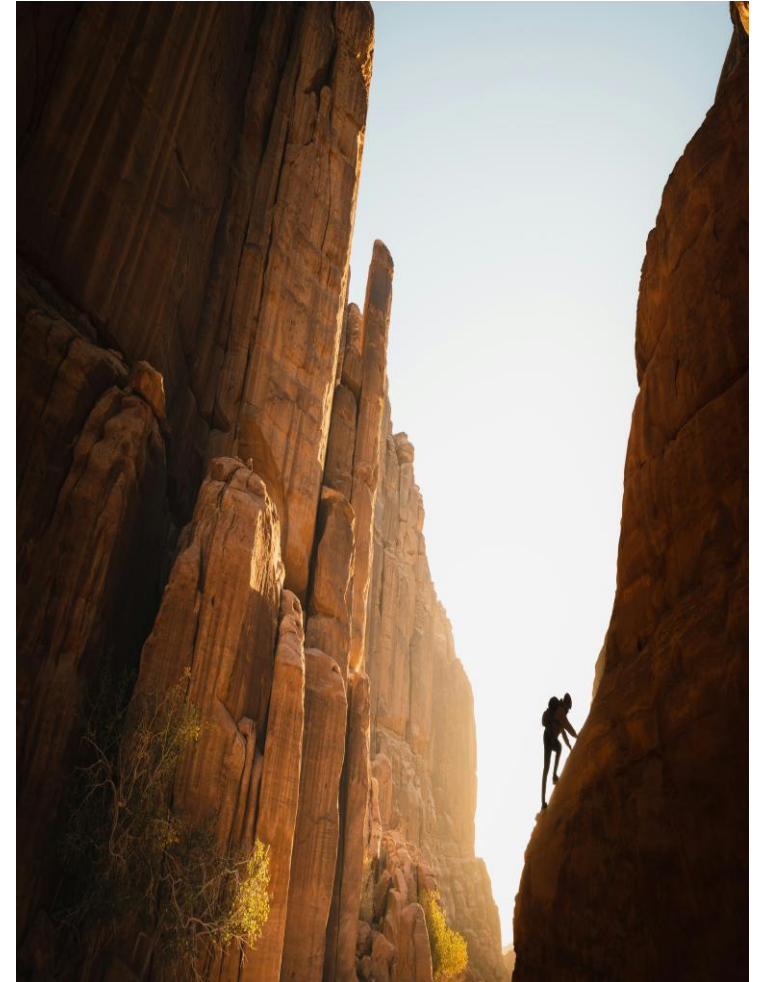


# You're not you when you're 'hungry'

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# Are you caged, staged or natural?



A GoPro camera lens captures a group of people in red survival suits on a beach at sunset. The scene is reflected in the lens, which has a blue and white striped strap visible at the top. The sun is low on the horizon, creating a bright orange glow. The people are standing in a line, and one person in the center is holding a camera. The text "Taking action: Think, adapt and act" is overlaid in white.

**Taking action:  
Think, adapt and act**

## 3 Steps to navigate uncertainty with confidence

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- Ground your feelings
- Connect with people
- Act before certainty



# 1. Ground your feelings

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**When the world feels overwhelming,  
start by calming the system:**

- Breathe before reacting
- Name it to tame it
- Reduce the noise
- Separate facts from fears

**Create space to think clearly**

# Connect with people

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**Connection expands our world.**

- Connect with others you trust
- Find others who care about the same thing
- Learn from those ahead of you
- Ask for advice

**You don't need to hold this alone.**

# Act your way forward

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**Don't wait for certainty. Take the first step.**

- Run an experiment
- What's the first step
- What can you learn
- Start the conversation

**Take the next step**

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## Bouncy ball or glass ball?



How much certainty do you need before acting?

- Easy to reverse / hard to reverse
- eg. Test an idea to start
- How much information do you need
- Move faster on easily reversible decisions
- Slow down and widen options when consequences hard to undo

# The uncertainty lab

Build the tallest stable structure.

- 1 Teams with same sets of materials
- 2 Roles: Assign leader and builders
- 3 Listen / Look out for unexpected disruptions

**Under pressure, what happens?**



# Uncertainty lab debrief

Let's explore what happened.

- 1 What happened when things went wrong?
- 2 Who became louder? Who became quieter?
- 3 What became easier / harder?

**What ideas made a difference?  
What would you try next?**





What is something YOU are nervous or unsure about?

eg. Trying a new sport or joining a club

## Re-imagine the way forward confidently

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**What are the stories you are telling yourself?**

- **Ground your feelings:** Name and tame.
- **Connect and learn:** Start the conversation.
- **Act your way forward:** Take the first step

## Do the experiment

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- What can you try?
- What's the first step?
- Who can help you?
- What will you learn?

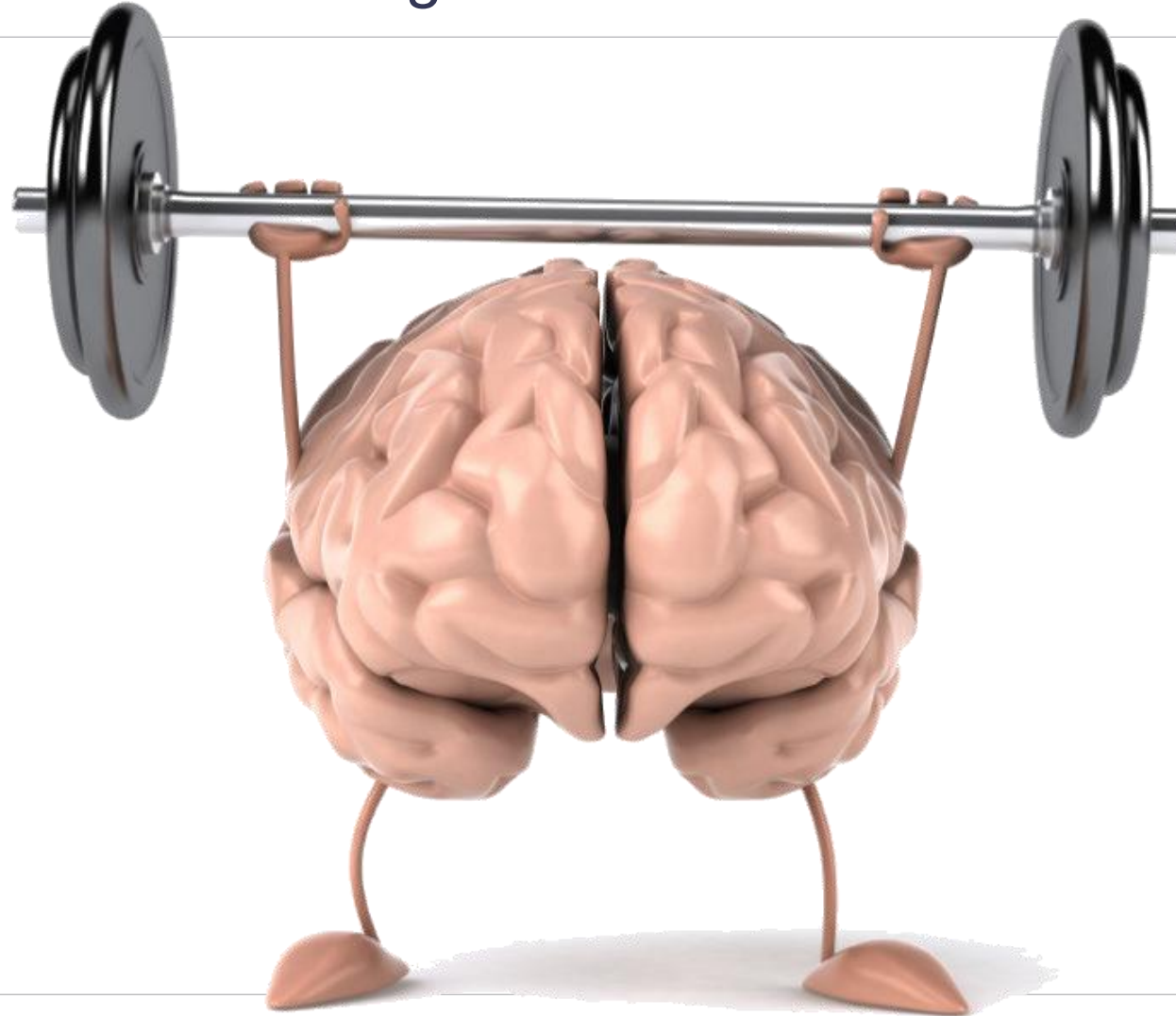


# Real or imagined: Your brain can't tell



# Train your brain before the game

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*You don't need all the answers  
to take the next step*

*Good Luck!*

