



Olympic Session, Paris 2024

Workshop

MANAGING UNCERTAINTIES: anticipate uncertainties and how to deal with them

"The only thing we are absolutely certain about is that nothing is certain." (Gilbert K. Chesterton)

Mark Wolf

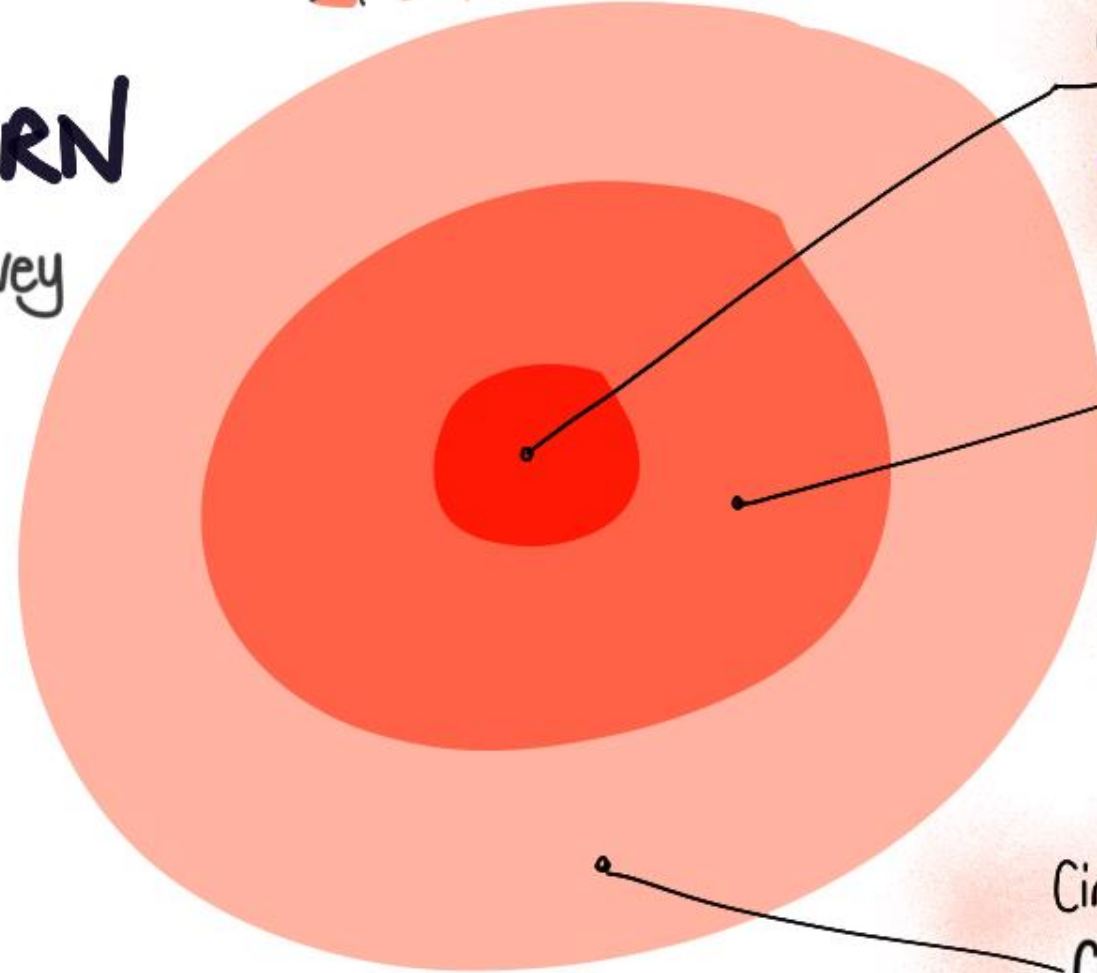
Head of coach education and Olympic Coach Program, Switzerland

CIRCLE of CONCERN

by
Stephen Covey



We need to focus our energies on what we can control + influence!



Circle of
CONTROL
What we can
directly control

Circle of
INFLUENCE
The concerns
we can do
something about

Circle of
CONCERN
Wide range of
concerns



What we ~~cannot~~
control or influence
we need to LET GO of!

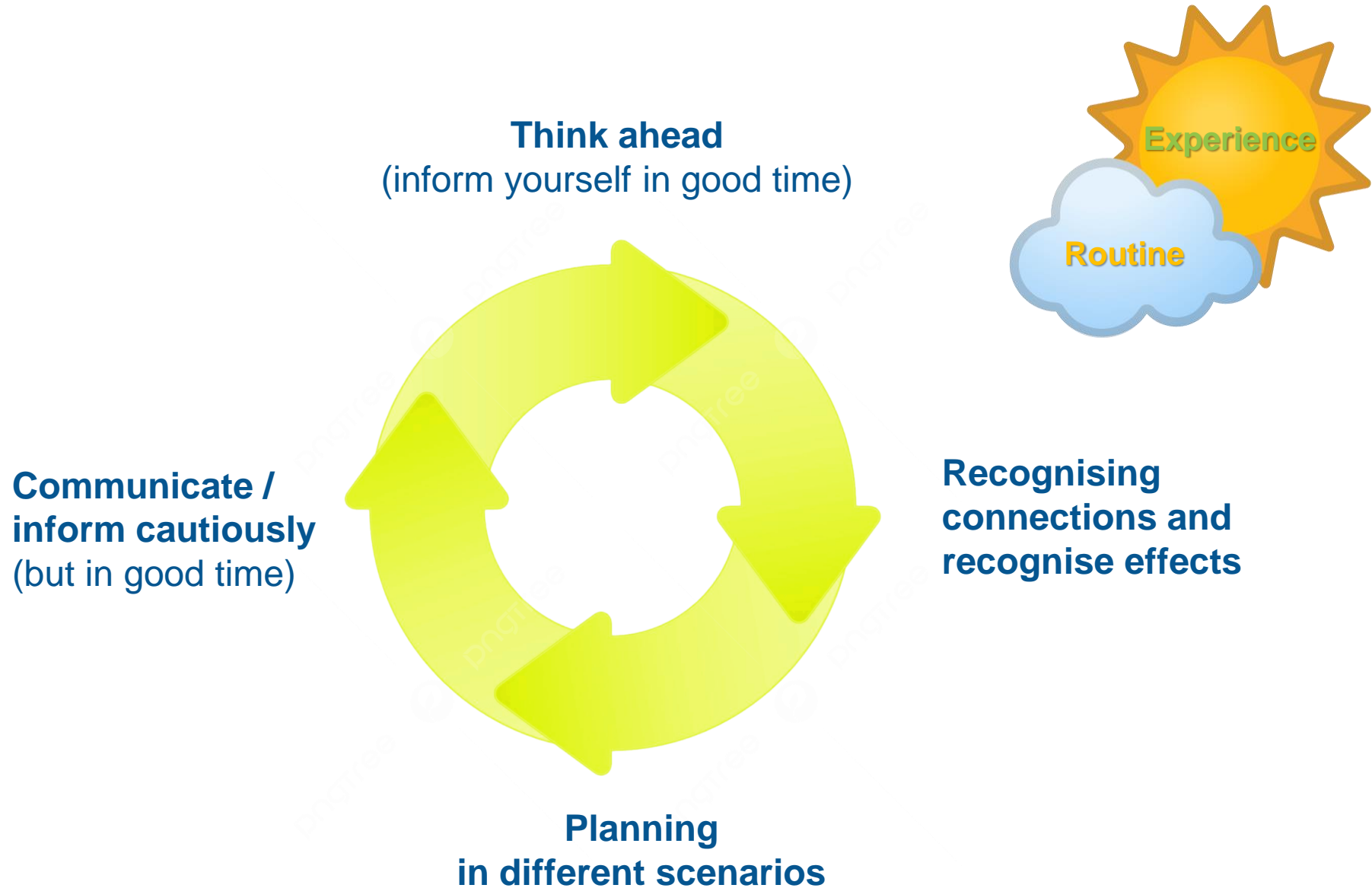
Grant me the **SERENITY**
to accept the things I cannot change.

The **COURAGE**
to change the things I can,

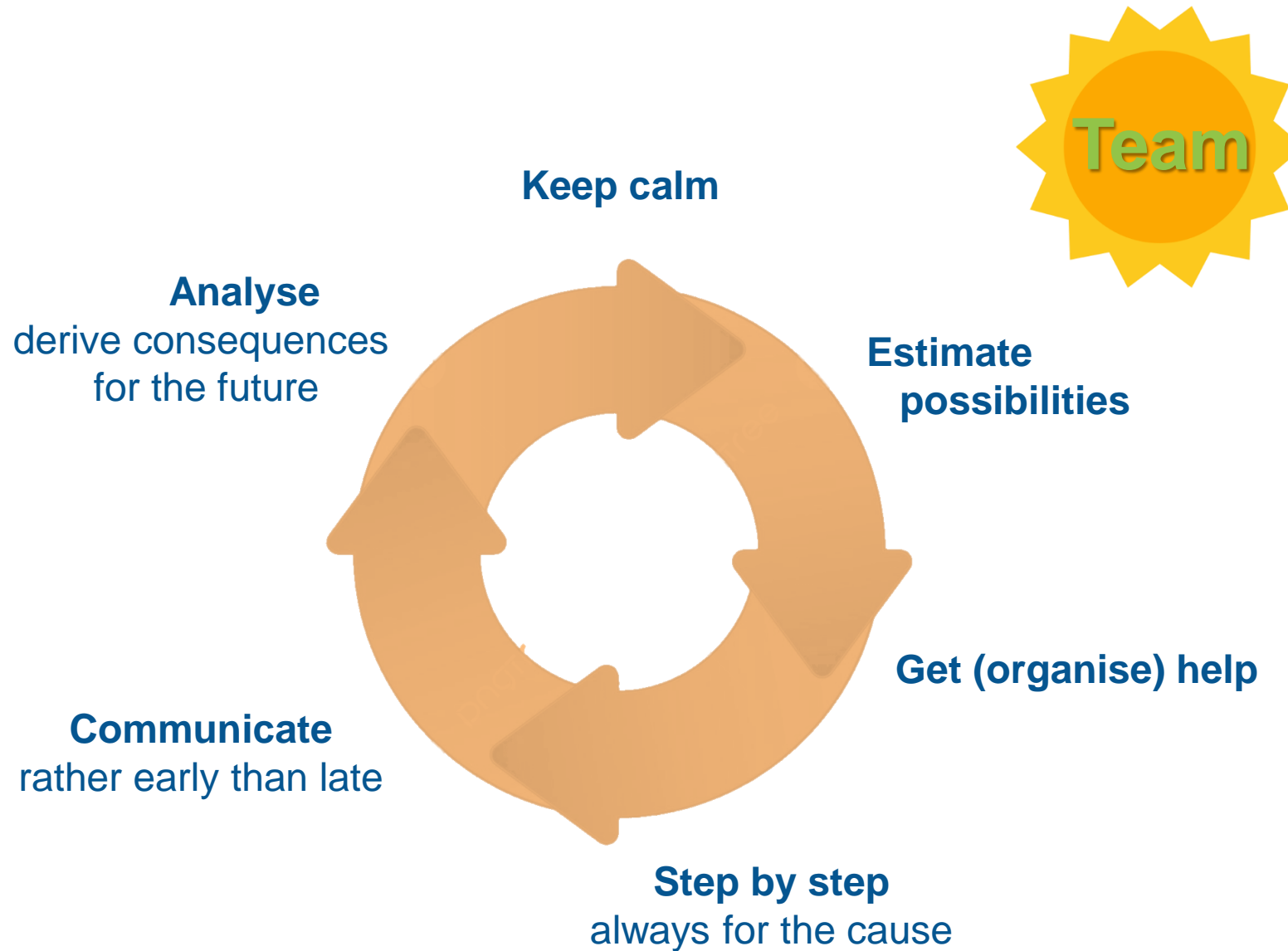
and the **WISDOM**
to know the difference.

(Niebuhr)

Dealing with uncertainty - preparation



Dealing with uncertainty - in the situation



Managing uncertainties



1. **Accept uncertainties**
2. **Focus on what you can control**
3. **Analyse and plan:** Analyse the factors that cause uncertainty and develop a plan
4. **Develop flexibility:** Be prepared to adapt plans. Flexibility helps to better adapt to unpredictable situations.
5. **Look for solutions**
6. **Use the experience of others:** Talk to people who have experienced similar uncertainties. Their experiences could offer valuable insights
7. **Self-reflection:** Reflect on your own reactions to insecurities. Understand how you deal with them and find opportunities for personal development.
8. **Mindfulness and relaxation:** Practice mindfulness to stay in the moment. Relaxation techniques can help to reduce the stress that often accompanies insecurities.
9. **Look for opportunities:** See uncertainties not only as threats, but also as opportunities for personal growth and development.
10. **Utilise resources:** Use available resources such as books, articles or professional help to learn more about dealing with uncertainty.

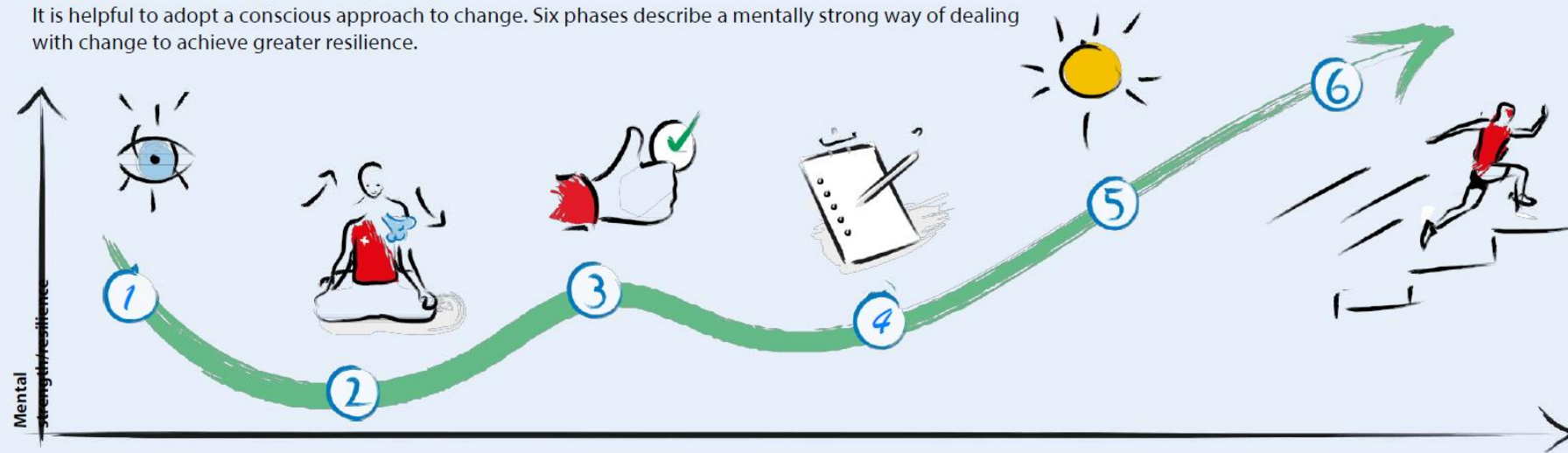
How do I use difficult situations to my advantage?

Jörg Wetzel, Erika Ruchti



RISE UP Mental strength during change

It is helpful to adopt a conscious approach to change. Six phases describe a mentally strong way of dealing with change to achieve greater resilience.



- | | | | |
|--|---|--|---|
| <p>① Realize - Perceive
Complete and clear view and gain an assessment
Perceive and talk about it →</p> | <p>② Inhale/Exhale - Breathe deeply
Arrive, then act →
Take a deep breath</p> | <p>③ Show acceptance - Accept
Finding acceptance →
Situation Accept and accept feelings</p> | <p>④ Equilibrate - Giving structure
Gaining control and security
→ Create daily and weekly schedules, live rituals and seek rhythm</p> |
| <p>⑤ Unworry - Optimize
Finding positivity →
Sleep and Optimize nutrition, do good for yourself and avoid negative things</p> | <p>⑥ Perform - gain strength
Gain strength and performance
→ Be confident, positive and grateful.
Pursue new goals and visions</p> | | |