



## Living with Uncertainty: Staying in the OK Zone

When you work with people who don't know what their future is (refugees, people with terminal illness, the unemployed, etc) you can't find a solution for them and help them realise it.

You have to walk beside them with compassion and hope

- How do you know you're anxious?
- How do you help calm another?
- What is the OK Zone and how can you use it?
- How do you find trust in your client's capabilities?
- What is false hope?

Come to this workshop and explore how to manage uncertainty better...how can you be OK with not knowing?

Use what you discover about uncertainty to help others manage  
the impact of their uncertainty

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for professionals who support those experiencing a lack of control in their lives.

To REGISTER interest email: [counselling@fgriffith.id.au](mailto:counselling@fgriffith.id.au) or phone 0414 985 934