

How to focus your energies to achieve results



WWW.LINKEDIN.COM/IN/DAVID-BROWN-POTENTIALITY-COACHING/

E-MAIL: DAVID@POTENTIALITYCOACHING.CO.UK

TEL: +44 7980 204946

WWW.POTENTIALITYCOACHING.CO.UK

My Premise



“Knowing that there is a small chance of getting a painful electric shock can lead to significantly more stress than knowing that you will definitely be shocked, finds a new UCL study funded by the Medical Research Council (MRC).”

de Berker, A. O. *et al.* Computations of uncertainty mediate acute stress responses in humans. *Nat. Commun.* 7:10996 doi: 10.1038/ncomms10996 (2016).

- Exploring your experience of Uncertainty
 - How it manifests
 - What impact it has
- Stress Response/ Relaxation Response
- Look at some Embodiment techniques
- How will you apply it?



POTENTIALITY
COACHING

What impact is
Uncertainty
having on you?



POTENTIALITY
COACHING

What impact is
Uncertainty having
on your business?



POTENTIALITY
COACHING

Awareness



“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.”

Viktor E. Frankl

Embodiment

“The body as who we are.”

Mark Walsh



- Situational
- Relational
- Personal
- Cultural
- Human

Awareness

How would you
rate your stress?
(1-10)



POTENTIALITY
COACHING

Awareness

When you
experience
Uncertainty,
where you feel it
in your body?



POTENTIALITY
COACHING

Awareness

When you
experience
Uncertainty, what
do you feel in your
body?



POTENTIALITY
COACHING

Awareness

How would you describe the feeling?



POTENTIALITY
COACHING

Awareness

And if you
cranked the
Uncertainty up to
9/10?



POTENTIALITY
COACHING

Awareness

- Close
- Tight
- Tense
- Contain
- Resist
- Stiff
- Brace
- Fight
- Flight
- Fuzzy
- Unfocused
- Constricted
- Withdrawn
- Contract
- Hold
- Dissociate
- Freeze
- Fold



Managing Uncertainty

Bring to mind a situation that you
feel anxiety or stress.....

How would you rate your stress?
(1-10)



Managing Uncertainty

- Lengthen out breath
- Slow and deepen breath
- Relax muscles
- Align Posture
- Stillness/ movement
- Soften focus (Owl eyes)
- Release jaw and tongue
- BODY Centring



Managing Uncertainty

What actions are you going to
take?

How can you manage Uncertainty
more effectively?

Accountability?



How to focus your energies to achieve results



WWW.LINKEDIN.COM/IN/DAVID-BROWN-POTENTIALITY-COACHING/

E-MAIL: DAVID@POTENTIALITYCOACHING.CO.UK

TEL: +44 7980 204946

WWW.POTENTIALITYCOACHING.CO.UK