

Navigating the Inner Storms of Uncertainty

Uncertainty pervades our everyday lives, in both the personal and professional domains. When faced with this uncertainty, however, we often long for safety and control. This mismatch can contribute not only to uncomfortable physical sensations and emotions, but also to protective patterns of behaviour as we try to create agency. During this interactive workshop, attendees will learn about the science of uncertainty while having opportunities for self-reflection and discussion about their experiences. Opportunities will also be provided to explore and share strategies about how to navigate times of uncertainty.

Learning Objectives

At the end of this session participants will be able to:

1. Describe physical sensations and emotions related to uncertainty
2. Examine personal patterns of response to uncertainty to create agency
3. Discover strategies to work with uncertainty

This is an interactive session, so please ensure you have your video on for the duration of the session. Entry into the session will not be permitted after 16:45 MT.

Thursday, November 28, 2024 | 1630 – 1830 MT | Zoom

Registration is required. Please register here:

<https://wdc-navigatingsession.eventbrite.ca>

Session Speakers:

Dr. Ghazala Radwi MD and Alicia Polachek MA

Well Doc Alberta is an initiative aimed at advancing a collaborative, co-operative, pan-provincial approach to physician wellness. Our work, focused on education and prevention, is supported by the science of physician wellness and driven by need. We work with physicians at the grassroots level and with leadership to grow capacity, empower change, and shift culture. **Learn more at welldocalberta.org**

Well Doc  Canada
