

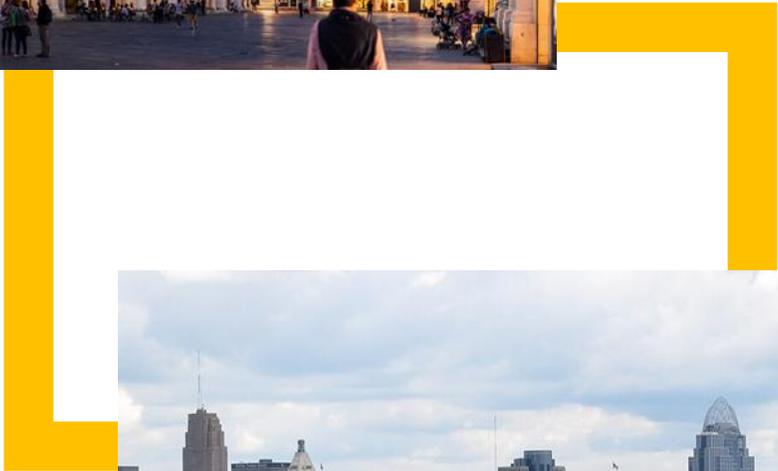


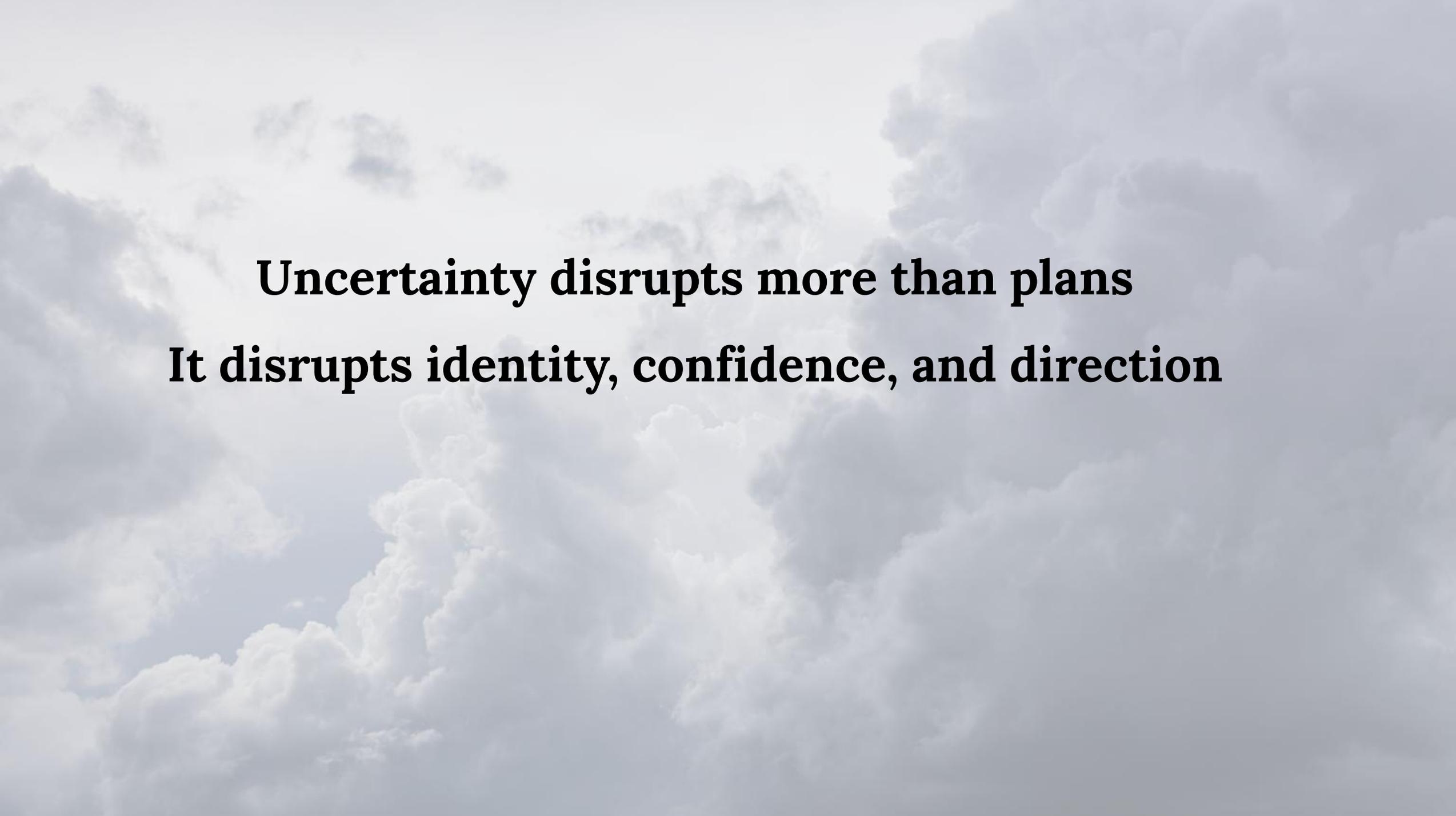
# Navigating Uncertainty

Building Resilience and Learning Agility  
Through Experience



# Vicenza to Cincinnati





**Uncertainty disrupts more than plans**  
**It disrupts identity, confidence, and direction**

**Think** of a recent moment of uncertainty.

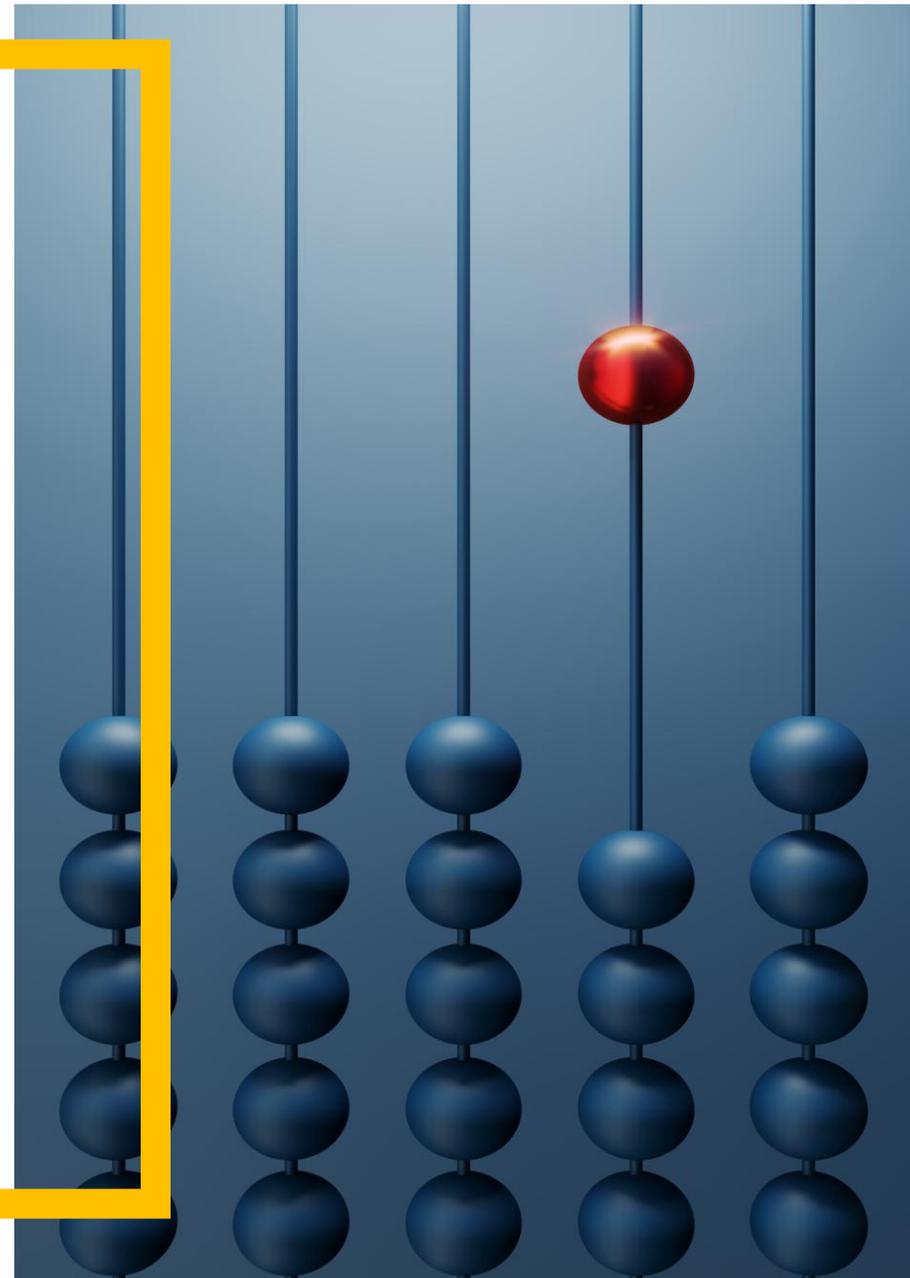
- What questions did you ask yourself?
- What was your internal dialogue ?





# Why Uncertainty Feels So Hard?

We are wired for  
predictability and  
control.



# Uncertainty

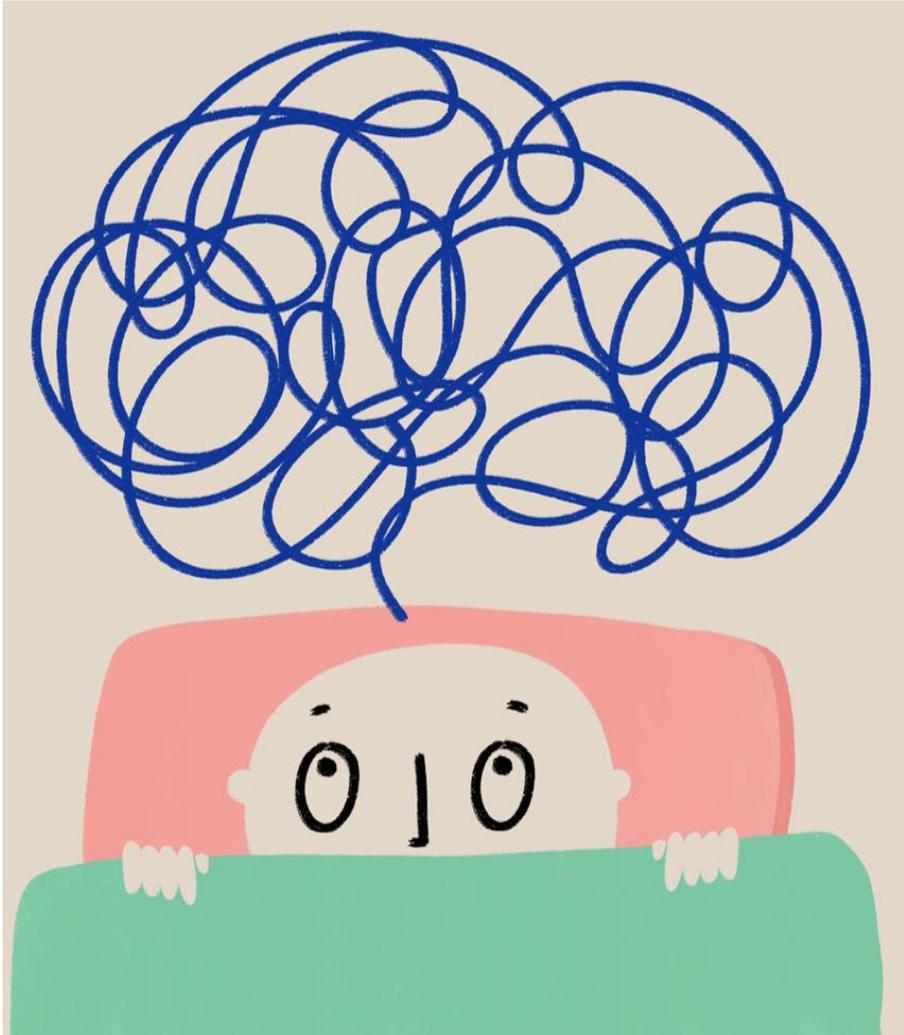
- activates our inner critic
- ramps up fear of failure
- triggers survival responses like
  - **fight** (Trying to regain control)
  - **flight** (Trying to escape the discomfort)
  - **freeze** (Losing access to action)



# From Prediction to Sense Making



When uncertainty increases, our **brains try to close the gap** quickly. We **jump to conclusions, replay scenarios**, or freeze. We ask questions like: What will happen? What if it goes wrong? When prediction fails, **humans search for meaning.**



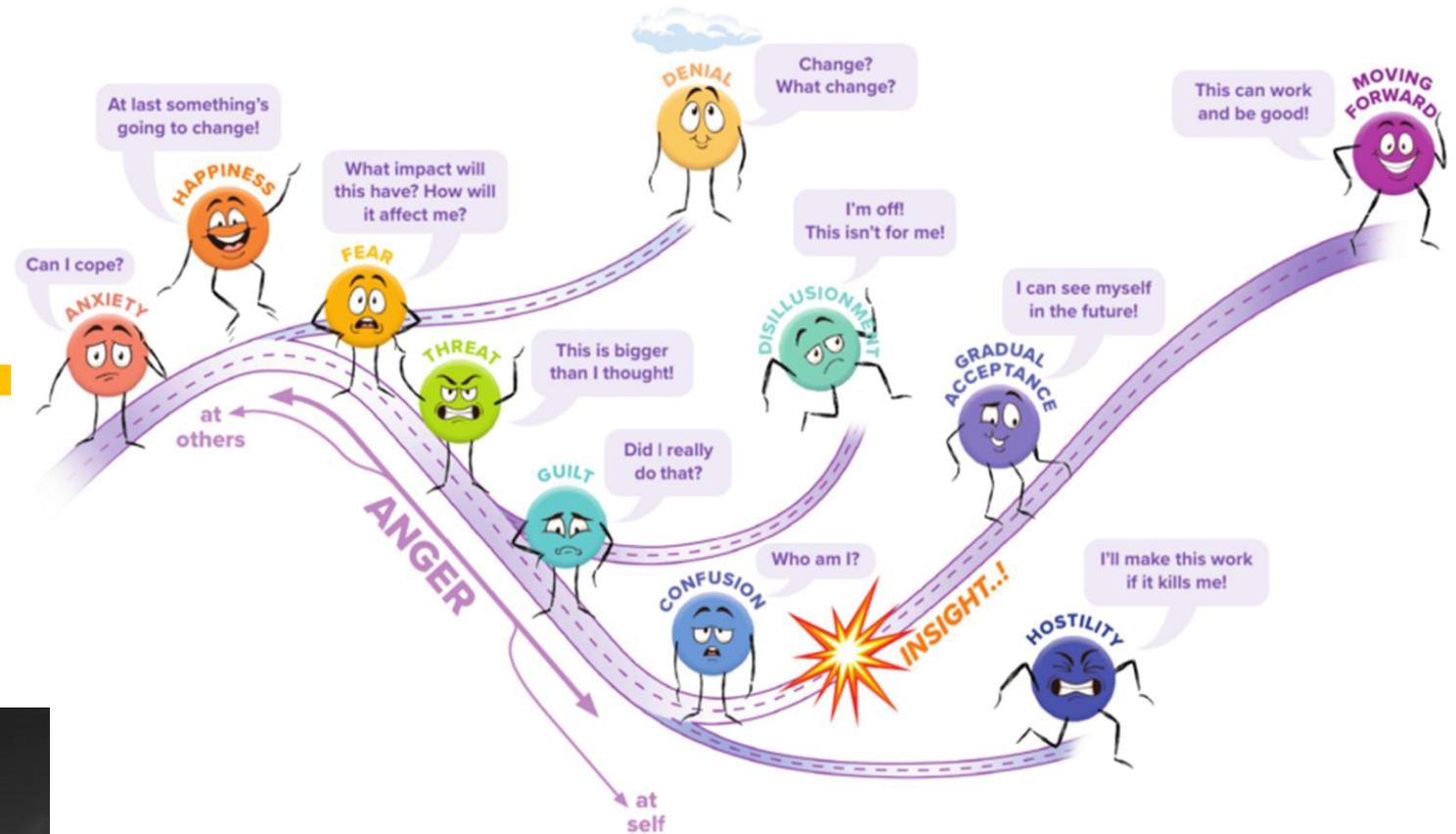
# Thinking Routine

Making sense of uncertainty

What is happening now?

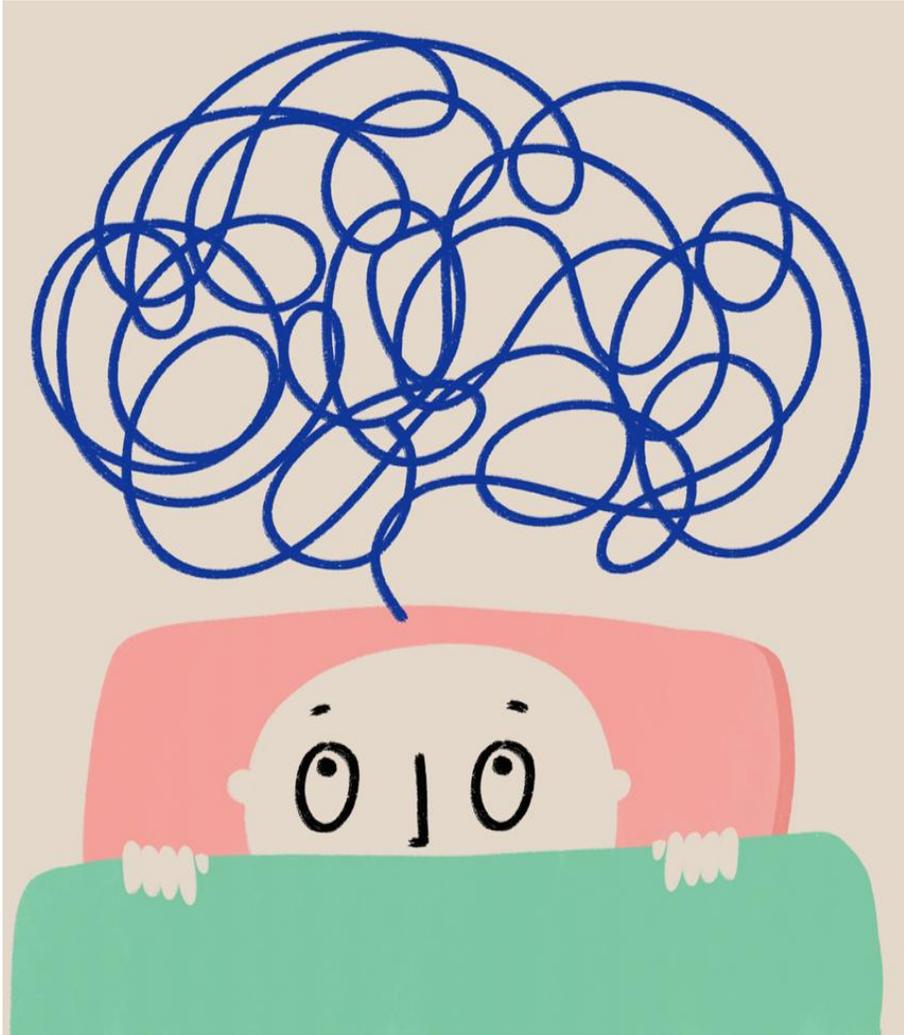
What matters most right now?

# Change vs Transition



**Change** is an external event

**Transition** is an internal process



# Thinking Routine

When you experience Change

What do I see?

What do I think?

What do I feel?

Where am **I** in the transition process?

# Resilience Is Not Toughing It Out



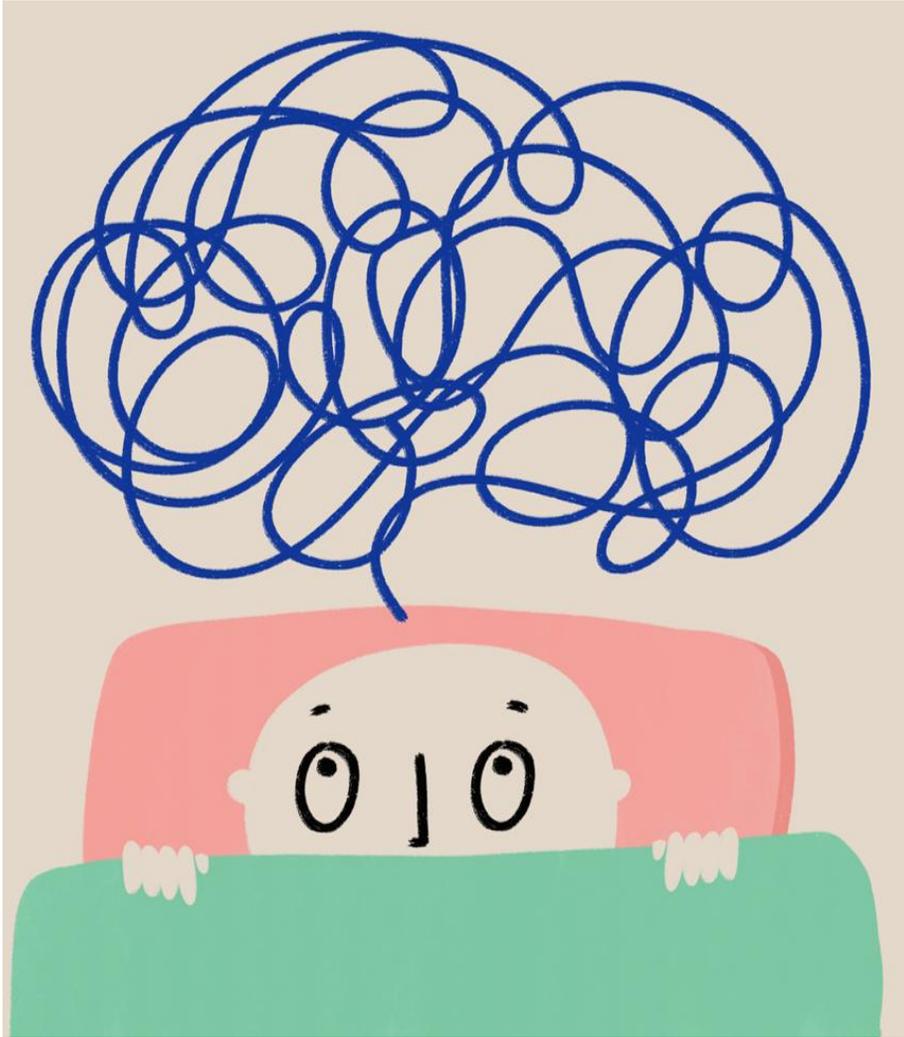
**Steadiness**



**Learning**



**Agency**



# Thinking Routine

## Building Resilience

What feels **uncertain** right now and  
what is **stable**?

What can I **influence**?

What can I **accept**?

# Learning Agility

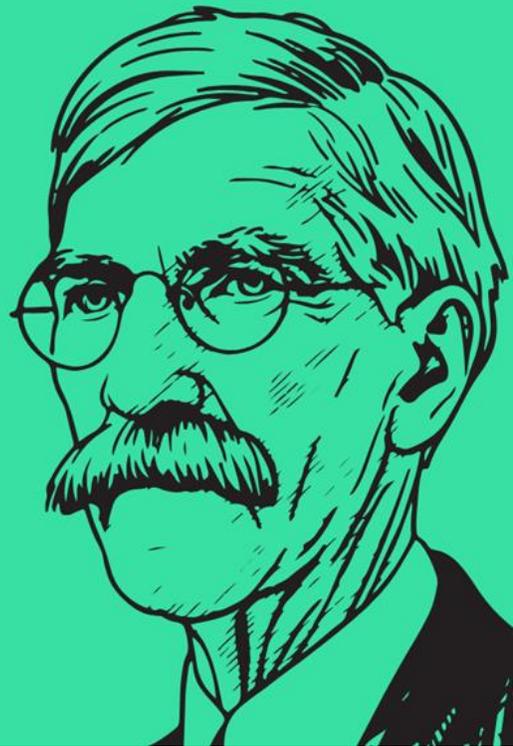


From “getting it right” to learning forward.

Ability to reflect on experience, extract insight, and adjust behavior especially when outcomes are unclear.

“We do not  
learn from  
experience...  
we learn from  
reflecting on  
experience.”

-John Dewey-



- People can repeat the same experience for years and learn nothing.
- Learning happens when we make meaning, not when things “go well”.
- You do not need answers. You need to pause and observe.
- Understand what the experience is teaching us about ourselves, our patterns, and our next step.
- Reflecting on experience and adjusting behavior over time.

## **Self-Judgment**

What's wrong with me?

*Identity attack, it shuts  
down curiosity*

Why isn't this working?

*Assumes failure instead of  
feedback*

I should be further along!

*Compares invisible  
timelines*

# **The Language of Learning**

The questions you ask determine  
whether experience becomes  
weight or wisdom.

## **Self-Empowerment**

What is this teaching me?

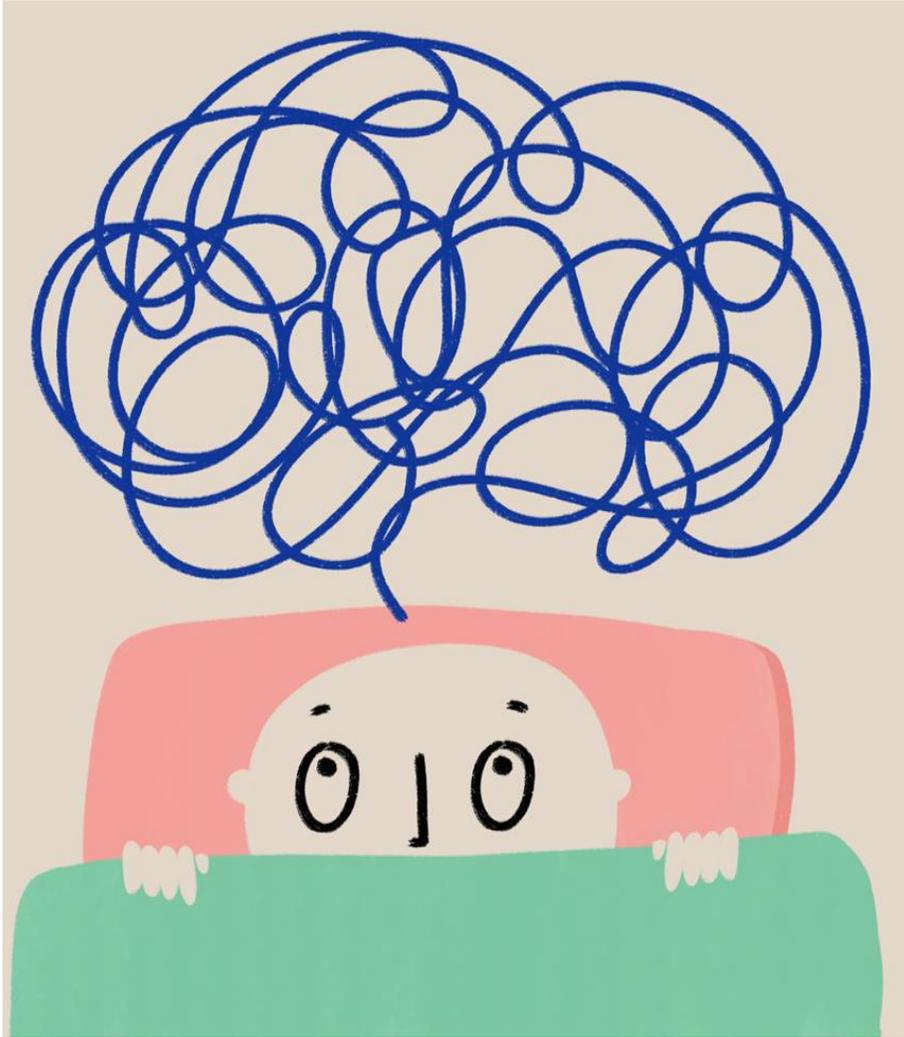
*Turns experience into information*

What pattern am I noticing?

*Moves from blame to awareness*

What's the next small  
adjustment?

*Restores agency without pressure*



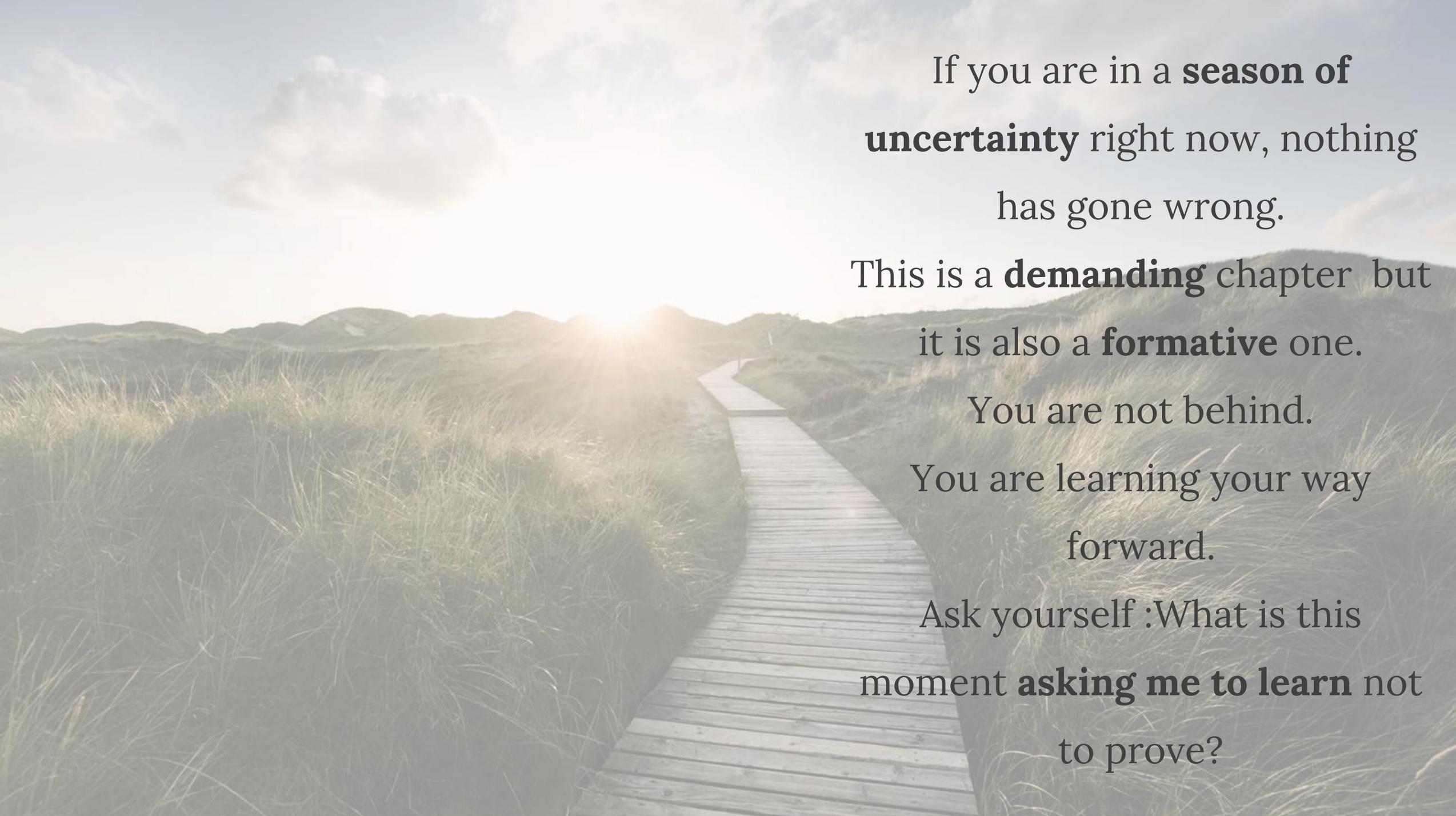
# Thinking Routine

## Learning Agility

Notice (What happened?)

Name (What did I notice?)

Adjust (What will I try next?)



If you are in a **season of uncertainty** right now, nothing has gone wrong.

This is a **demanding** chapter but it is also a **formative** one.

You are not behind.

You are learning your way forward.

Ask yourself :What is this moment **asking me to learn** not to prove?

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**THANK YOU !  
GRAZIE!**



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