

How to Manage Change and Live Well with Uncertainty

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SUMMARY OF THE LECTURE

We are living in a world that is volatile, uncertain, complex, and ambiguous. The pace of change is relentless, and uncertainty can fuel fear; anxiety and paralysis, which can inhibit our ability to cope well in times of flux.

The ability to be able to manage change and live well with uncertainty is fundamental to our overall wellbeing.

During this light, uplifting and practical webinar you will learn how to achieve the following:

- Understand the emotional impact of change,
- Pace yourself well through volatility and disruption,
- Live well with uncertainty and reduce anxiety,
- Build personal resilience through challenges and change, and
- Prioritise self-care and support your overall wellbeing.

SPEAKER INTRODUCTION

Liggy Webb is an award winning and bestselling author, presenter, and international consultant. She is also the founding director of The Learning Architect, an international consortium of behavioural skills specialists. She is recognised as a thought leader on human resilience and works with a wide range of businesses focusing on optimising potential through continual learning and behavioural agility.

Some of the organisations that Liggy has worked with includes the NHS, the BBC, Walt Disney, the International Telecommunication Union, the World Trade Organization, the United Nations and various public and private sector organisations, charities and universities.

Liggy believes that the diversity of her clients has provided her with a tremendous insight into the many and varied challenges that people currently face in a rapidly changing and often volatile world.

She has written over thirty-five books (including her bite-sized book series) on a variety of life skills that

help people to be happier, healthier, and more productive. Liggy is passionate about distilling complexity and creating light, accessible and practical resources.

The guiding principles of her book on resilience through change has also been televised for a series with the BBC world service.