

UNSERIOUS

# Upshots Cheat Sheet

EMBRACING AMBIGUITY

ANDREW J. COATE

Episode air date: Monday, June 3, 2024

Listen: <https://bit.ly/upshotscoate>

## The Upshot

### WHO IS THIS FOR?

- People struggling with change or uncertainty, such as a pending reorg or the arrival of a new leader.
- Folks who feel frozen when their patterns are disrupted, or people who aren't sure how to continue working when all the details aren't all clear yet.

### WHY IS THIS IMPORTANT?

- We all face uncertainty and discomfort - we probably live more in the unknown more than the known. Sometimes ambiguity can be minor, but often, it's a major disruption to what we believe to be our status quo. Finding ways not only to operate but thrive when the path in front of us isn't perfectly mapped is the best way to grow.
- If we aren't able to navigate ambiguity, we could be paralyzed from moving forward - and miss opportunity. The more you sit in the ambiguity, the more your mind has time to race and stress.
- A person may worry about their role & responsibilities, about who their partners are going to be, about whether the work they're doing now matters, about if the work they're going to have to do in the future is a fit for them,

## HOW TO DO IT?

1. Check in with your body. Where is the fear or anxiety coming from? Is it your head? Your heart? Shoulders? Note those signals and acknowledge them, but also reassure them they will be okay.
2. Focus on the "knowns" or what is within your control. There is always one thing that you can anchor onto - even if it's another person or a project that you know isn't changing. What strength can you find in community?
3. Zoom out. The likelihood is that this new unknown shares characteristics or patterns with an unknown you've already faced or people you trust have. Look to those past examples for confidence and guidance on how to move forward.

## PITFALLS AND PRO-TIPS



Look at ambiguity as a chance to gain instead of lose. See it as an opportunity, not a loss.



Check your mood regularly. Are you approaching this with pessimism, fear, anger? Mood is a filter that generates action - how are you going to recognize the potential opportunity?



There are diminishing returns to analyzing the situation. Try to recognize where the line is and avoid analysis paralysis.



Don't react too soon, out of fear. More information is coming, some in your control, some not. A little patience could open opportunity.

# Guest Contact

ANDREW J. COATE

Marketing Leader & Mental Health Advocate



[linkedin.com/in/andrewjcoate](https://www.linkedin.com/in/andrewjcoate)



[@andrewjcoate](https://www.instagram.com/andrewjcoate) | [@maggiieandscooch](https://www.instagram.com/maggiieandscooch)

Copyright © 2024 Unserious Group, LLC  
[www.unserious.com](http://www.unserious.com)

