LEADERSHIP INSPIRATIONS

Navigating Ambiguity

LESSON

LEARNING & DEVELOPMENT OUTCOME

Participants will explore the concept of ambiguity and how to navigate ambiguous situations with resilience.

MATERIALS

Navigating Ambiguity worksheet, writing utensils

AGE ADJUSTMENTS

Younger audiences may not be familiar with the concept of ambiguity. Instead of starting with the quote, start by sharing the definition of ambiguity and having a conversation about what it means.

Lesson Plan

Introducing the Lesson

- Ask participants to share their thoughts on the quote:
  - "Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious Ambiguity." -Gilda Radner

Experiencing the Lesson

- Have each participant think about what makes ambiguity challenging to navigate.
- Ask participants to share their thoughts, then have a discussion about the challenges that were brought up.
- Give each participant a Navigating Ambiguity worksheet and a writing utensil.
- Have each participant write down the two aspects of ambiguity that they personally find the most challenging to navigate.
- Have each participant find a partner and talk about what they each wrote down as their top challenges.
- Then, have each pair discuss strategies for dealing with those challenges and write them down on their worksheets.

What if participants can't think of any strategies to write on their worksheet?

"Have them brainstorm with their partner. If they still can't think of something, have them talk with other participants or open up discussion to the group as a whole to come up with ideas."

Closing the Lesson

- Ask a few participants to share one of the challenges they wrote down and the strategy they came up with to deal with it.
- Encourage participants to remember these strategies when they find themselves in ambiguous situations.

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After the Lesson

- Look for instances where participants might encounter ambiguity and remind them of this lesson and the conversations that were had about how to navigate ambiguity.
- Consider holding on to the Navigating Ambiguity worksheets and bringing them back out when participants find themselves in an ambiguous situation.

Visit each group while they are working on their Navigating Ambiguity worksheets. Coming up with strategies and solutions can be challenging - even when working with a thought partner. Be prepared to help participants brainstorm and come up with ideas for how to navigate the challenges they come up with.

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Further Exploration

- Have each participant think of a time that they faced and persevered through an instance of ambiguity.
- Ask them to think about what the situation was, what made it ambiguous and challenging, what they did to navigate the ambiguity, and what the outcome was.
- Put participants in groups of 3 to 4 to share their stories.

Get Creative

- Abstract art is a great way to express the concept of ambiguity. Have participants create works of abstract art to express their feelings on both the challenges of ambiguity and the strategies for navigating it.
  - Give participants paper, markers, paint, or other art supplies.
  - Have them create one piece of art that represents what it feels like to be in an ambiguous situation.
  - Then, have them create another piece of art that represents successfully navigating the situation.
  - Have each participant share their pieces of art with the group and explain how their art represents their thoughts and feelings on ambiguity.

Online

- To facilitate this lesson online, start with a full-group conversation in the main meeting room.
- Then, put participants into breakout rooms with a partner to discuss.
- Put the questions from the worksheet in the chat for participants to read and respond to. Have them write their responses in a shared document or on their own document.

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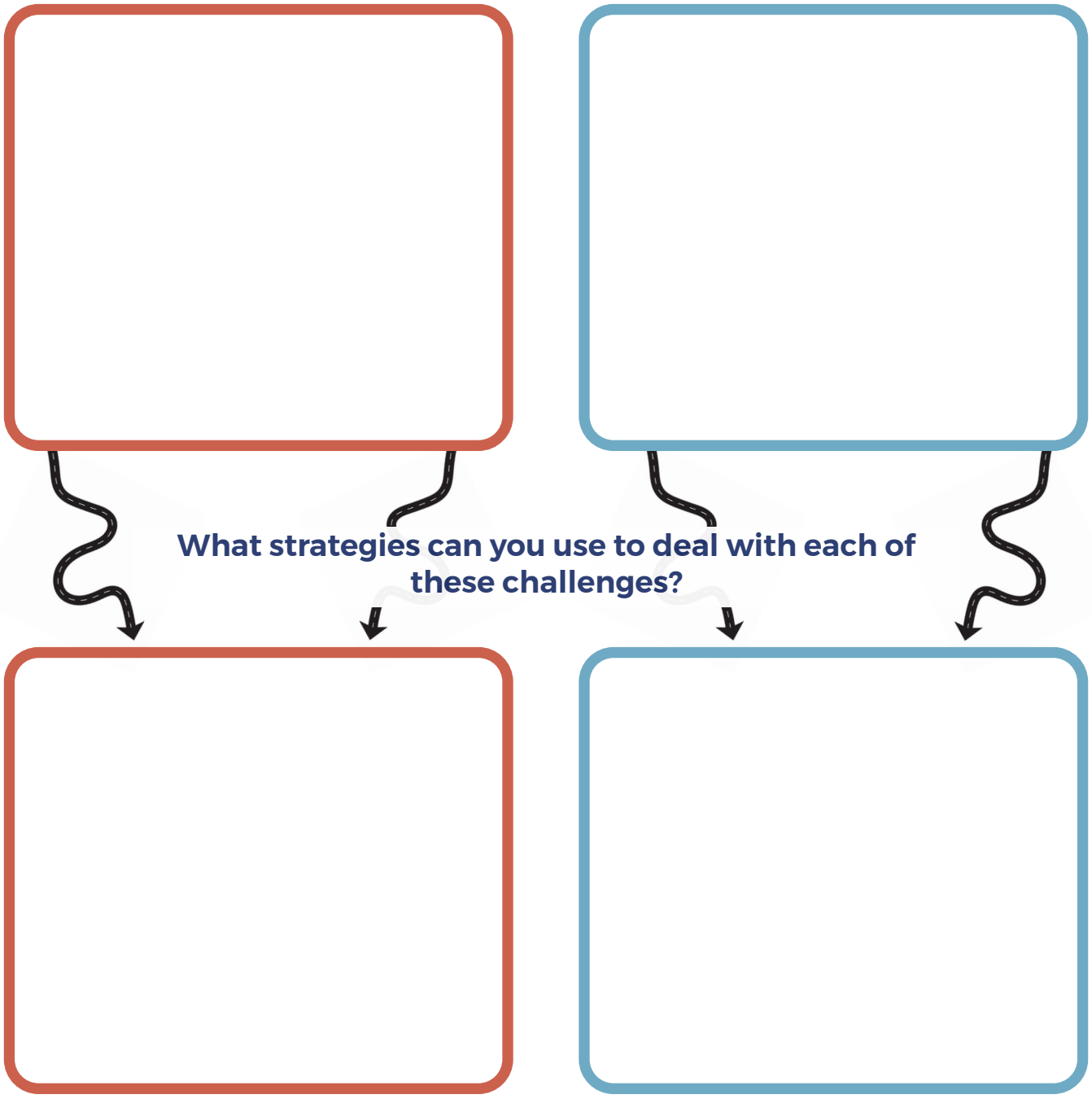
Navigating Ambiguity

What two aspects of ambiguity do you personally find the most challenging to navigate?



What strategies can you use to deal with each of these challenges?

Worksheet for: Navigating Ambiguity

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