

ONLINE

27 MAY 2025

# Shock and Shift: Basement to the Balcony - Managing uncertainty with Neuroscience (Edition 5)

CHANGE AND INNOVATION

**LANGUAGE**  
English**DURATION**  
2 hours (10:00 -  
12:00 CEST)**ENROLL BY**  
25 May 2025**PRICE**  
Free**LOCATION**  
ONLINE**TARGET**  
UN Only**CONTACT** [unlock@unssc.org](mailto:unlock@unssc.org)

In times of stress and uncertainty, it's easy to feel stuck—but there are strategies to regain focus and agency. This interactive session explores the neuroscience of stress, practical techniques for managing time and energy, and peer coaching conversations to help participants shift from reactivity to action, as you navigate a time of deep transformation in the United Nations (UN).

## Introduction

In a world of increasing volatility and uncertainty, chronic stress has become a byproduct of our existence, worsened by disruptive changes to our work environment, such as the current transformation the UN system is undergoing.

But what if there is a way to short-circuit the

neural pathways to stress? The webinar will curate a space to understand from a neurological standpoint the genesis of stress and share strategies to regain focus or 'unfreeze' despite challenging circumstances around you.

This webinar is part of the 'Shock and Shift' series, which was developed by the UN Lab for Organizational Change and Knowledge (UNLOCK), as part of the UNSSC Knowledge Centre for Leadership and Management, which sponsored the series as a service to the system in response to the current disruption.

## Objectives

By the end of this session, participants will be able to:

1. **Understand the neuroscience of stress** – Recognize how uncertainty and stress impact the brain and body.
2. **Shift from reactivity to agency** – Learn strategies to regain focus and control, even in challenging situations.
3. **Apply practical techniques** – Utilize goal setting, time, and energy management techniques to stay engaged and productive.
4. **Support peers in getting unstuck** – Engage in structured conversations to help each other navigate challenges.

# Course methodology

A thematic presentation that incorporates accessible strategies to manage stress levels for the 'self'.

Interactive and engaging facilitated conversations with peers, using a tailored handout.

Action planning to solidify key takeaways and promote implementation in real-time.

# Course contents

## 1. Neuroscience of Stress and Uncertainty

## 2. Reclaiming Agency: What's In Your Control?

- The **Circle of Control, Influence, and Concern** Framework
- Shifting from helplessness to action: identifying what you *can* control

## 3. Practical Techniques for Getting Unstuck

- Goal Setting Under Uncertainty
- Managing Time and Energy

## 4. Peer Exchange: Helping Each Other Get Unstuck

## 5. Best Practices Sharing

## 6. Commitment to Action

# Target audience

All UN staff

This course can also be run as in-house / on-site training for an individual agency on demand – please get in touch with us for additional details and pricing.

# Cost of participation

Free