



# Thrive in Chaos

## Course Description

This workshop will teach you to turn confusion and disorder into challenges that you can face.

## Outcomes:

- Regain control, perspective and focus during moments of stress
- Go from reactive to resourceful in a moment's notice
- Make decisions faster and more confidently

## Course Outline

- Understanding Chaos at Work
- Origins of Chaotic Work Environments
- Not everything is chaos
- Circles of control
- From React to Respond
- Befriend or Challenge
- Keys to intuitive decision-making
- Expert intuition
- Deliberative decision-making

