

Coaching For Confidence In The Face Of Uncertainty

Today I want to encourage you as we're living in very uncertain times, especially since the onset of the global pandemic that has thrown the world into confusion. Whether we realize it or not, coaching for confidence needs to be at the core of all of our work.

Uncertainty can cause us to lose confidence in our ability to deal with the situations that make us uncomfortable. In this article, you'll learn to maintain your confidence in the face of uncertainty with practical tips and scriptures. I'll then show you where you can learn more and even start a career helping others face uncertainty with confidence.

As much as we want to, we cannot be certain about what will happen even in the next minute of our lives. This reality bothers us because the world expects us to be in control of our lives and take charge of what will happen next. The most important thing we can do is trust in the One who has control over our future, and that is God.

“‘For I know the plans I have for you,’ declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’” ~ Jeremiah 29:11

Dealing with uncertainty starts with changing the way you think about life's less than enjoyable moments that throw you off course. Before we dive into how to be comfortable with uncertainty and remain confident, let us identify why we fear it.

Why do we fear uncertainty?

According to [Dr. Caroline Leaf](#), when we face uncertainty, we feel that our safety and security are at risk, we feel out of control, overwhelmed, and our

thoughts can become disorganized. This is enough to make us fear uncertainty and look for ways to cope with it. Remember, God is NOT the author of confusion.

One man who faced uncertainty was Joshua, who was charged with the responsibility of taking the Israelites to the promised land. Many times, God told Joshua not to fear because He was with him on the journey.

“The Lord said to Joshua, ‘Do not be afraid of them; I have given them into your hand. Not one of them will be able to withstand you.’” Joshua 10:8
Instead of fearing uncertainty, we can remind ourselves that God has given us power over the situations that we fear. He has shown us how to overcome them and emerge victorious.

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Becoming confident around uncertainty

It is possible to become comfortable with uncertainty, and even maintain our confidence, if we make adjustments in our thoughts. Our minds have the power to help us get through unexpected situations and adjust the way we respond to them.

In her article, “Become Comfortable with Uncertainty & Use It to Your Advantage,” Dr. Caroline Leaf says that uncertainty compels us to look inward, accepting and embracing the discomfort of not knowing, and it forces us to examine, consider, ask questions, and deal with our fears. This process helps us look at uncertainty from a positive perspective and remain confident as we walk through it.

Coaching For Confidence Tips When Facing Uncertainty:

1. Prepare For Any Eventuality

To effectively deal with uncertainty, have a plan for any eventuality in life. This means preparing your mind to deal with anything unexpected that

comes your way. God has promised to give you the wisdom you need if you don't know what to do. He understands that your mind is limited in its ability to deal with change and misfortune when it is clouded with fear and anxiety. His wisdom supersedes ours, and that is why He offers it to us.

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you." ~ James 1:5

2. Maintain A Positive Mind



When you fill your mind with positive thoughts, you have no room for negativity or thinking about the worst thing that can happen.

Expect that good things will happen because they will. There is always something you can learn from uncertainty and you can see it an opportunity to grow as a person.

Trust that God will bring good out of any bad situation in your life, and give you a breakthrough.

"... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ~ Philippians 4:8

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose." ~ Romans 8:28

3. Do Not Give In To Fear

Fear paralyzes us and we end up making the wrong decisions compounding an already complicated situation. Fear can make you retreat into a cocoon

where you won't take any kind of action. It makes us timid and unable to do the right thing or forces us to take a back seat. Many times God tells us in His Word to be bold and not afraid because He is always with us.

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go." ~ Joshua 1:9

4. View Your Situation From A Variety Of Perspectives

One way to handle uncertainty is to learn how to look at your situation from different perspectives. This gives you a sense of control over your mind and emotions, and you will not be fearful about what the future holds.

By stepping out of the situation and looking at it from different angles, you will find a way forward. Ask yourself, "How else can I look at this?"

A different perspective will give you new insights into the situation and give you confidence in your ability to handle it.

"So David inquired of the Lord, and he answered, "Do not go straight up, but circle around behind them and attack them in front of the poplar trees." ~ 2 Samuel 5:23