

# Workplace Wellbeing

## Ambiguity

Being able to manage ambiguous situations has increasingly become a common skill required in the workplace, with change quickly becoming the only certainty. Employees are required to act on incomplete information, adapt to change and imagine what's possible in an uncertain future. In this module, we'll explore what is meant by ambiguity and how it can be effectively managed in the workplace as well as consider how the art of mindfulness can help individuals prepare for uncertain futures.

## In this Module

Videoscribe explainer video, with professional audio (duration: 05:35)

English Subtitles

9 Expanded learning content blocks in the module format

'Check my understanding'  
5 Question knowledge check

## Top Tips

1. Be confident in yourself.
2. Listen to what others have to say.
3. Embrace change.

