



# Mindfulness: Decision Making in Times of Uncertainties



27<sup>th</sup> July 2021,

Tuesday,

3pm to 4pm.

Complimentary.

*Limited slots available.  
Registration is required.*

In uncertain times, we are not only dealing with what is unfolding, but also with what to do next. This is compounded by the lack of knowledge of the situation and the lack of predictability of how actions that are taken may pan out. For many, making quality decisions in times of uncertainty can be exceptionally daunting and stressful.

However, life still goes on and decisions still have to be made. So what should one do to manage this additional stress and stand up to the task?

In this webinar, we will be sharing how you can leverage mindfulness practices, to make quality decisions when dealing with uncertainty.

## Key Learning Points

By the end of the session, you will learn:

- What influences our decision-making
- How to make quality decisions in times of uncertainties
- The Impact of external circumstances on decision-making, thoughts and emotions
- How to leverage on mindfulness practices to making quality decisions in uncertain times

## About the Speaker



Earl Allan started his career practising law for 4 years where he had witnessed a spectrum of human behaviours and motivations. The adventurer in him then led him to venture into the relatively uncharted and undefined world of digital marketing for 17 years. Joining a start-up, he discovered and experienced a multitude of organizational and people challenges in growing a business as well as teams. Since then, he has held various positions that gave him the opportunity to manage global clients spanning across a variety of industries as well as manage and lead projects, teams as well as the organization.

**Do note that this webinar has limited availability.**

Sign up today to reserve your slot!

[Click Here to Register](#)

Or scan the QR code below!



You can also contact us at:  
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- Webinar will be hosted on the Zoom app
- Participants are required to download the Zoom app before the webinar begins
- Session will open 15min before the webinar starts
- All questions for the Q&A sessions are to be posted on the chat window

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