

# “Navigating Uncertainty: Moving Forward When So Much Is Unknown”

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We're in a time of unprecedented uncertainty-shifting policies, rapid technological change, rising public expectations, and economic instability. For professionals in administrative justice and alternative dispute resolution (ADR), the unknowns are greater than ever.

Many professionals report feeling:

- Uncertain about decisions without clear precedents
- Overwhelmed by competing priorities and information overload
- Isolated in their decision-making
- Strained to balance efficiency with thoroughness under limited resources

In the session, Sheizana shared actionable strategies to help us tune inward, find clarity, and lead confidently, even amid uncertainty.

## Summary of Key Takeaways

Curiosity: Ask ‘what’s possible’?

The metaphor of driving in the fog naturally invites multiple adjustments: visibility, speed, direction, control, fuel, and others on the road.

*Six Mindset Shifts:*

### **1. Adjust Your Light Beams**

- ◆ Focus on what’s visible and actionable now
- ◆ Avoid information overload and speculative spiraling

### **2. Ease Off the Gas but Keep Moving**

- ◆ Take small steps to reduce paralysis
- ◆ Confidence grows through forward movement

### **3. Remember Your Destination**

- ◆ Anchor in purpose, not just precedent
- ◆ Ask: “What’s the core value I’m trying to serve?”

### **4. Embrace the Driver’s Seat**

- ◆ Identify what’s within your influence
- ◆ Choices = reclaimed control

## 5. Watch the Fuel Gauge

- ◆ Build sustainable resilience.
- ◆ Track what drains and replenishes your energy.
- ◆ Restore before depletion

## 6. Look for the Taillights

- ◆ Turn to trusted peers, mentors, and data
- ◆ Shine your own light to guide others

### Your Commitment: What will you commit to trying this week?

(Select all that apply and circle or star those you want to prioritize)

- ☐ 🧠 Get curious – Ask “What’s possible?” instead of “What if it all goes wrong?”
- ☐ 🔦 Focus my view – Adjust my visibility expectations; seek clarity over certainty
- ☐ 🪜 Take a small step – Avoid paralysis through forward action
- ☐ 🎯 Move with purpose – Make decisions grounded in values
- ☐ 📍 Make a choice – Focus on what I can act on or influence
- ☐ 🏋️ Protect my energy – Build sustainable resilience like a muscle
- ☐ 🔗 Connect with others – Reach out instead of going it alone

### 👉 How will you bring this to life?

Choose one or two commitments above and reflect on the following questions:

What will you do? What’s one specific way you can apply this in your real context?

When will you do it? (Timeframe or trigger that will help you follow through)

What support or structure might help? (Think about reminders or resources)

Revisit your commitments in a few days.  
What did you learn, and what might you refine?