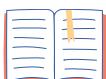


# Finding JOY Amongst Uncertainty with Dale Sidebottom

# COURSE

In times of uncertainty, it's easy to feel overwhelmed by factors beyond our control. Dale Sidebottom's course, "Finding JOY Amongst Uncertainty," offers practical strategies to shift focus toward controllable aspects of daily life, enhancing mental health and well-being through joy, fun, and laughter.



## About This Course

This interactive session focuses on:

### **Identifying Controllable Elements:**

Learning to recognise and concentrate on aspects of life within your control to reduce stress and anxiety.

### **Implementing Practical Well-being Strategies:**

Discovering simple, actionable ideas to support mental health and adapt to new realities.

### **Infusing Joy and Laughter:**

Exploring innovative ways to incorporate fun into daily routines, even during challenging times.

Participants can expect to leave with a toolkit of new ideas, tested and refined during periods of isolation, aimed at bringing joy and positivity into their lives.

### **About the Presenter:**

Dale Sidebottom is renowned for his energetic and playful approach to well-being. As the creator and founder of Jugar Life and Energetic Education, and host of the top-rated podcast Energetic Radio, Dale has successfully blended fun, teamwork, wellness, and movement into his presentations. He has shared his passion for play and fitness in over 20 countries, inspiring individuals to embrace joy and positivity in their lives.



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## Why This Course Will Benefit You:

Engaging in this course offers several advantages:

- **Stress Reduction:** Learn techniques to manage stress by focusing on controllable aspects of life.
- **Enhanced Well-being:** Implement practical strategies to support mental health during uncertain times.
- **Increased Positivity:** Discover ways to bring joy and laughter into daily routines, improving overall outlook.
- **Adaptability:** Gain tools to help adapt to new realities with resilience and optimism.

By participating, you'll acquire valuable strategies to navigate uncertainty with a focus on joy and well-being.

