



Key Advice

Designing a Small Experiment

A small experiment, a concept by Le Cunff (2025), is a simple yet powerful way to build resilience in the face of uncertainty.

Follow these steps to write down one small experiment you can try this week to support yourself — or your team — in dealing with uncertainty:

- 1. Choose a topic**

Pick one of the topics from the Uncertainty Map or choose something more personal that you have been hesitant to act on.

- 2. Design a small experiment**

Come up with a small, concrete action to explore or shift that uncertainty. It should be low-stakes and doable within a few days.

If needed, look back at the strategies you and your team have already come up with to deal with uncertainty.

Use the following template: *I will [action] for [duration] or I will [action] [time(s)].*
For example: *'I will go on a long walk when I feel overwhelmed for 30 minutes'* or *'I will call the municipality to gather more information about their plans this Wednesday'*.

- 3. Take action**

Experiment this week, preferably in the next few days.

- 4. Reflect**

Reflect on the experience, either individually or with your team, the next time you meet.