



Creating Out Loud

Coping with Uncertainty

This Discussion Guide supports the third Creating Out Loud Topic-Based session, which examines coping strategies and methods to address uncertainty in the arts and culture sector.

Purpose

The purpose of this meeting is to explore ways of coping with uncertainty by

- reflecting on how you deal with difficult situations, and
- considering how people in the arts and culture sector can support one another.

TIP: This session may bring up strong emotions. Be only as personal as you feel comfortable, listen with kindness, focus on what you can control, and reach out for support, if needed.

Agenda

Suggested Timing: 1 Hour

Activities:

1. Being Here (15 minutes)
 - Acknowledging Country (5 minutes)
 - Check-in (10 minutes)
2. Individual Exercise (20 minutes)
 - Personal Reflection (5 minutes)
 - Sharing Reflection (15 minutes)
3. Group Discussion (20 minutes)
 - Mutual Support
4. What Next? (5 minutes)

1. Being Here

Please acknowledge the Traditional Custodians of the lands on which you are meeting today.

- If this is your first meeting, share your name and how you are currently involved in the arts and culture sector.
- If this is not your first meeting, tell your circle about the step(s) you took since your last meeting.

Tell a short story about a time you felt supported by someone in your community.

2. Individual Exercise

Hopeful engagement can be a powerful coping strategy where immediate solutions do not seem possible. It may include:



Reflect on what “hopeful engagement” means to you.

- What everyday attitudes or practices help you live “sanely and acceptably”^[1] in the face of uncertainty?

Share your reflections with the circle.

3. Group Discussion

Discuss one or more of these questions:

- What forms of mutual support have you seen in the arts and culture sector?
- How might any barriers to building mutual support be overcome?
- Who needs to be initiating mutual support? What might that look like? What cultural issues need to be considered?
- What forms of mutual support would you mind most helpful?
- What might you do to give and/or receive support in the coming week?

4. What Next?

Name one step you plan to take after this meeting. Possible steps include:

- reflecting on your coping repertoire.
- pursuing your goal(s).

Where can I access the program?

All Creating Out Loud materials are free to download from the program website: <https://creatingoutloud.business.uq.edu.au/>

References

1. Alacovska, A., ‘Keep hoping, keep going’: Towards a hopeful sociology of creative work. *The Sociological Review*, 2019. 67(5): p. 1118-1136.