



# Coping with uncertainty

Open the Creating Out Loud "Coping with uncertainty" Discussion Guide Business School 20 June 2022



# Creating out Loud: Coping with uncertainty





## Agenda

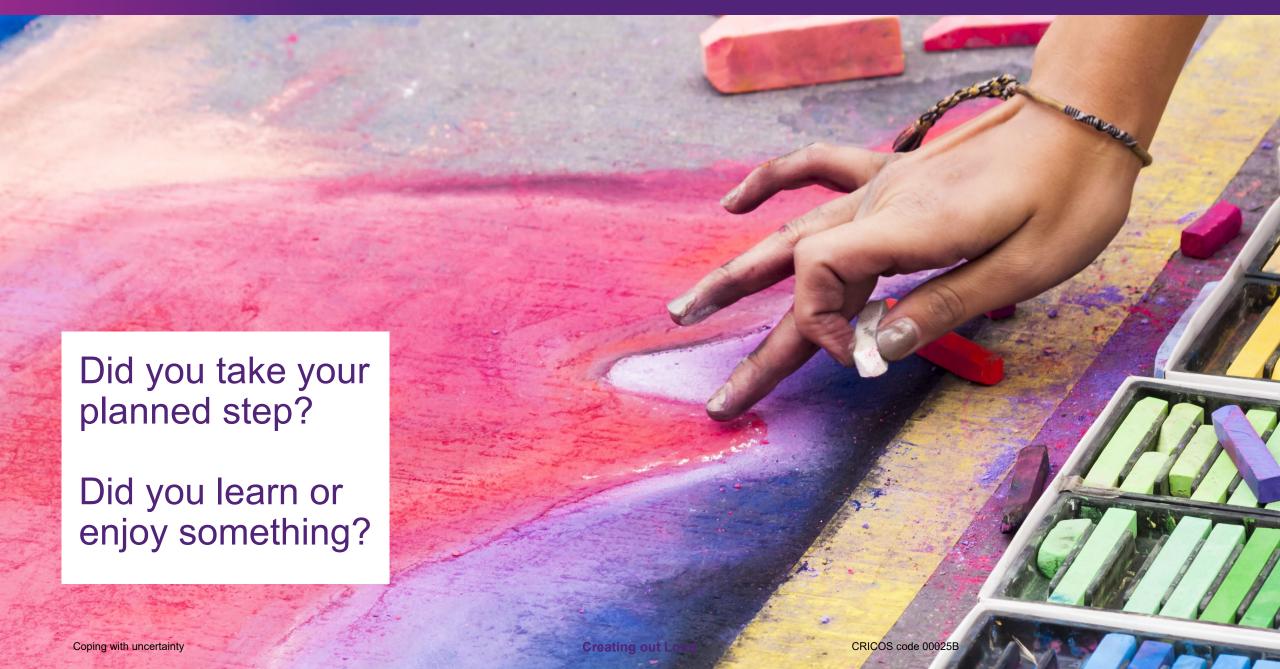
- 1. Being here
  - Acknowledging Country
  - Check-in
- 2. Individual reflection Hopeful engagement
  - personal reflection
  - sharing reflection
- 3. Group discussion Mutual support
- 4. What next?

#### Acknowledgement of Country

- The University of Queensland (UQ)
  acknowledges the Traditional Owners and their
  custodianship of the lands on which we meet.
- We pay our respects to their Ancestors and their descendants, who continue cultural and spiritual connections to Country.
- We recognise their valuable contributions to Australian and global society.













### Hopeful engagement



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What helps you live sanely and acceptably in the face of uncertainty?

Sustainability







#### Group discussion

#### **Mutual support**

- 1. What forms of mutual support have you seen amongst artists / arts workers?
- 2. What barriers do you see? How might these be overcome?
- 3. Who needs to initiate? What might that look like? What cultural issues need to be considered?
- 4. What forms of mutual support would you find most helpful?
- 5. What might you do to give / receive support?









## For extra support

Lifeline 131114 Suicide Call Back Service 1300 659 467

Contact

Support Act https://supportact.org.au/ Crew Care https://crewcare.org.au/



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# Thank you

Dr Kate Power Business School kate.power@uq.edu.au

https://creatingoutloud.business.uq.edu.au/

- power\_kate
- m www.linkedin.com/in/kate-power-18125630/

