





# Coping with uncertainty

Open the Creating Out Loud  
“Coping with uncertainty”  
Discussion Guide

Business School  
20 June 2022

THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA  
CREATE CHANGE

## 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.








Did you take your  
planned step?

Did you learn or  
enjoy something?





When did you  
feel supported by  
someone in your  
community?

# Hopeful engagement






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







Share your  
reflections with  
the circle.

# 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?







What one step will  
you take before the  
next meeting?



# 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

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