Coping with uncertainty

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

- Personal therapeutic practices
- Mutuality & reciprocity
- Social & political activism
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/
Thank you

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


power_kate
www.linkedin.com/in/kate-power-18125630/