



 **THE GUINEA GROUP**

**Building the Resilient You: It's not just about coping!**

**LEADERSHIP TRAINING PROGRAM**

NAME:

DATE:

# WORKSHOP SLIDES

**The Check In** In an Emergency  
Traditional Owners  
Mental Health Survivors 2

1

**About You**  
You are amazing!



2

**About Me**  
Resilience Coach  
Married 29 years  
Triathlete

3

**About Us**  
Please use the chat!



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**1 Word?** 3

Resilience

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## NOTES / REFLECTION

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**The 3 Parts** 4

Resilience

It is not just about coping ...

PR6

Making it personal

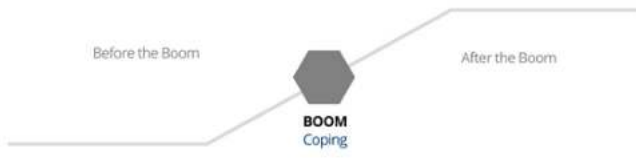
Story

Resilience is about the big picture

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**Resilience** 5

Before the Boom



After the Boom

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## NOTES / REFLECTION

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# WORKSHOP SLIDES



## NOTES / REFLECTION

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## NOTES / REFLECTION

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# WORKSHOP SLIDES

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## COMPOSURE

INCREASE: HIGHER BRAIN FUNCTION, FOCUS & EFFECTIVENESS

DECREASE: FIGHT OR FLIGHT, STRESS & ANXIETY

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## REASONING

EOPS

PROBLEM SOLVING, RESOURCEFULNESS, ADAPT TO CHANGE

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NOTES / REFLECTION

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## TENACITY

LEARN FROM PAST EXPERIENCE

JUST HAVE TO KEEP GOING

NEVITABLE PART OF SUCCESS

ALL PART OF THE GAME

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## COLLABORATION

NEED... HELP...

STRONG SUPPORT NETWORK

WE'RE HERE, BLOODY

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NOTES / REFLECTION

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# WORKSHOP SLIDES

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### 6 Domains of Resilience

Based on the Psychological Foundations of the Positive & Rapid Response Scale



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### 1 Domain?

# Resilience

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## NOTES / REFLECTION

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### 1 Story!



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### Ever wondered how the Employee Council can help you?

Contact the EC for free and confidential workplace advice and support

- Performance**: Understanding the performance management process, performance action plans, and support in formal meetings.
- Leave, Pay & Benefits**: Understanding Suncorp leave entitlements, help with pay issues, superannuation, and benefits available to employees.
- Conflict & Behaviour**: Advice in relation to and Suncorp Code of Conduct matter and providing support during formal meetings.
- Health & Wellbeing**: Advice on Return to Work, parental leave, long term absences, injury prevention assistance and support in formal meetings.
- Grievance Resolution**: Assistance with resolving issues with leaders and/or colleagues, facilitated discussions, and mediation between employees.
- Treatment at Work**: Assistance and guidance with what may be workplace bullying, harassment or discrimination.
- Working Arrangements**: Understanding eligibility criteria with flexible work arrangements, negotiating agreements, apply for long-term absence and informal requests.
- Redundancy & Reassignment**: Interpretation and assistance with the process, issues with final pay and how you may be impacted during organisational change.

 Suncorp Employee Council | ec@suncorp.com.au | 1800 447 632 | Here to support you in your work environment

## NOTES / REFLECTION

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## NOTES / REFLECTION

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A series of horizontal dotted lines for writing notes or reflections.



THE GUINEA GROUP



## ANY QUESTIONS? WE'RE HERE TO HELP

We exist to support leaders to upgrade their mindset, upskill their leadership, and uplift their teams, to create psychologically safe and high performing teams!

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