



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

Session with Anton Guinea
October 2023



Suncorp Group
employee council

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!



—— 1 Word?

Resilience

The 3 Parts

4



Resilience

It is not just about coping ...



PR6

Making it personal



Story

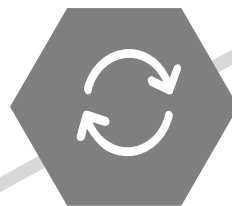
Resilience is about the big picture



Resilience

It is not just about coping ...

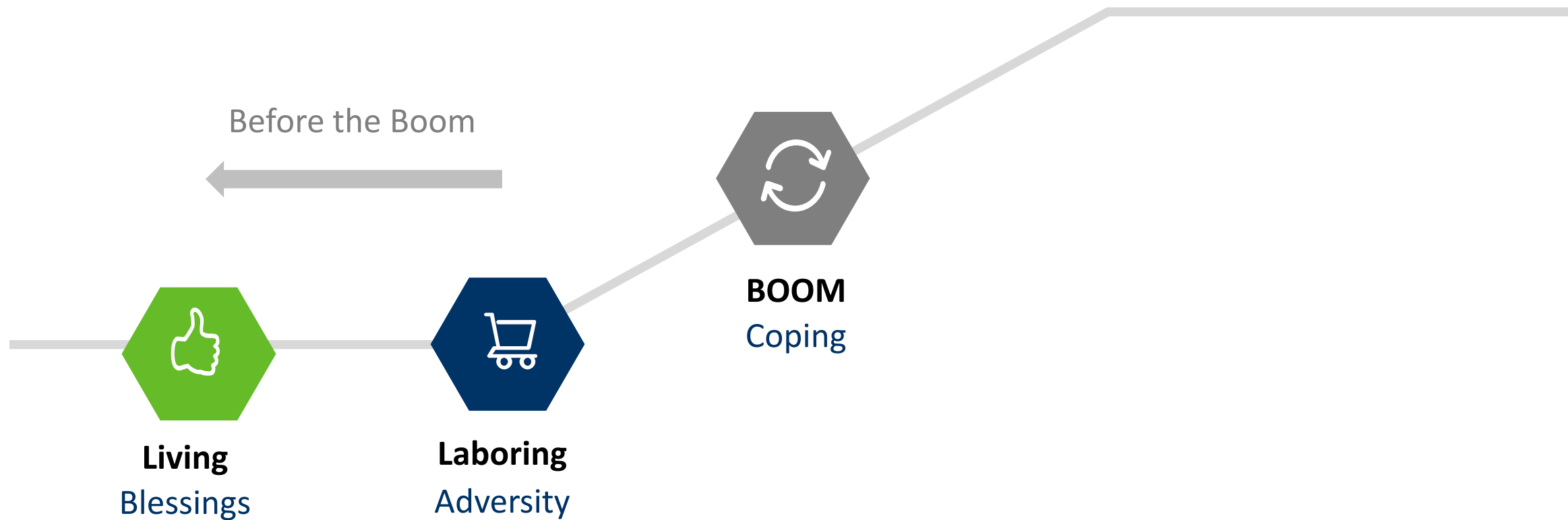
Before the Boom



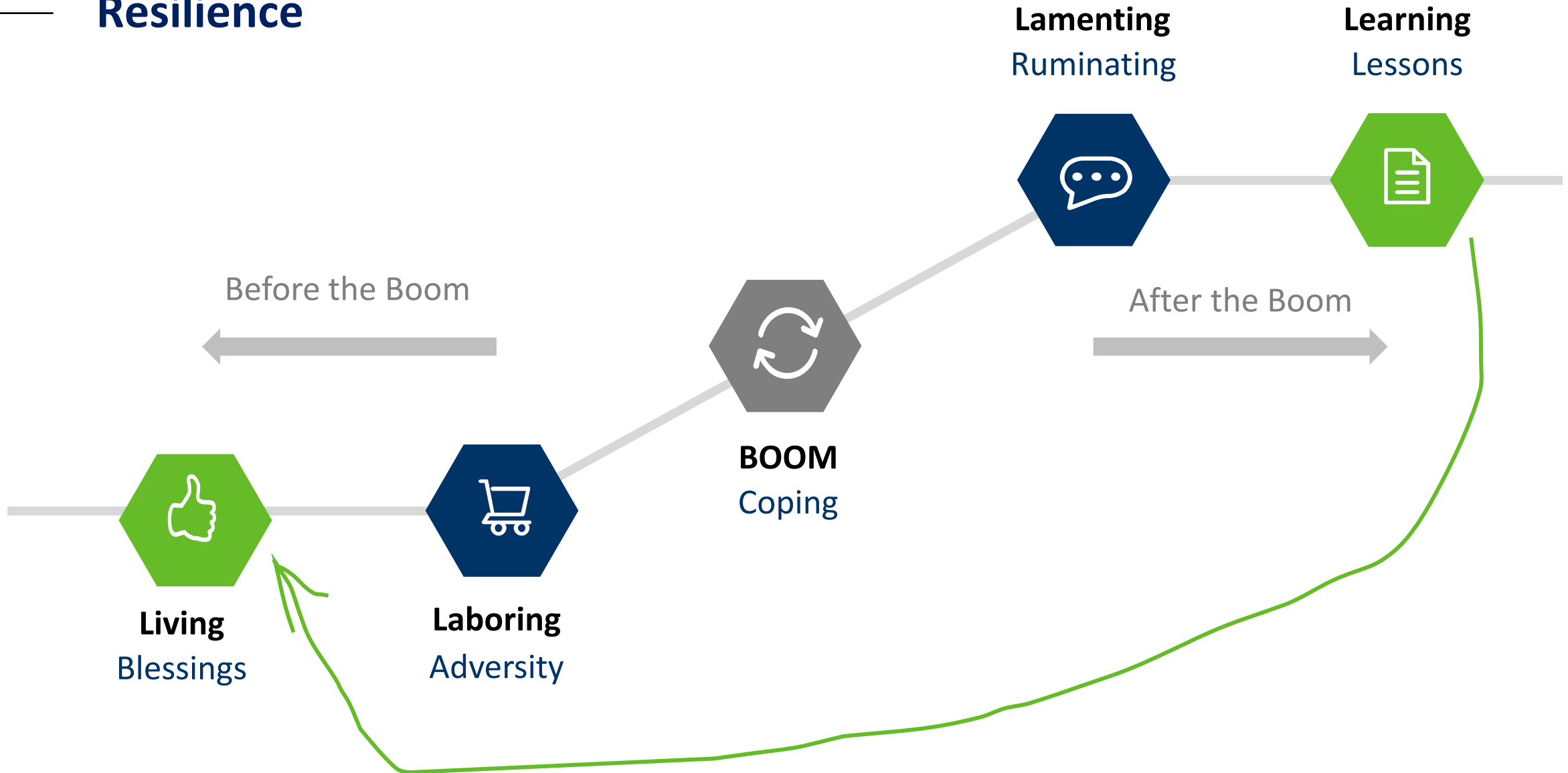
BOOM
Coping

After the Boom

Resilience



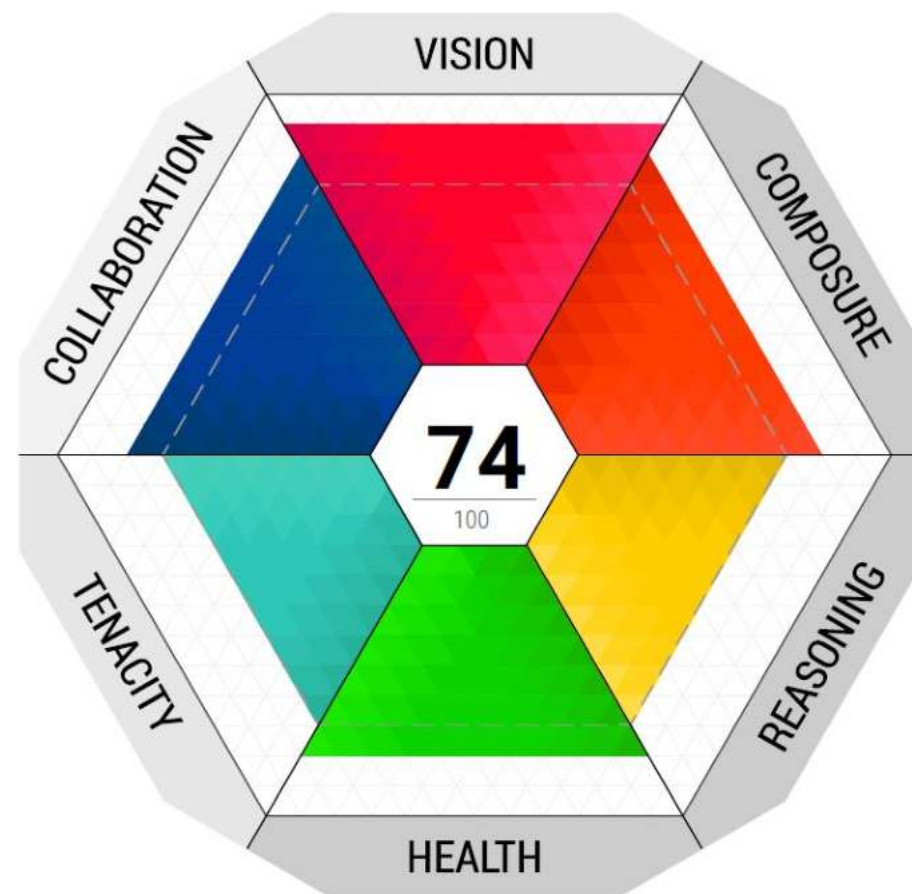
Resilience





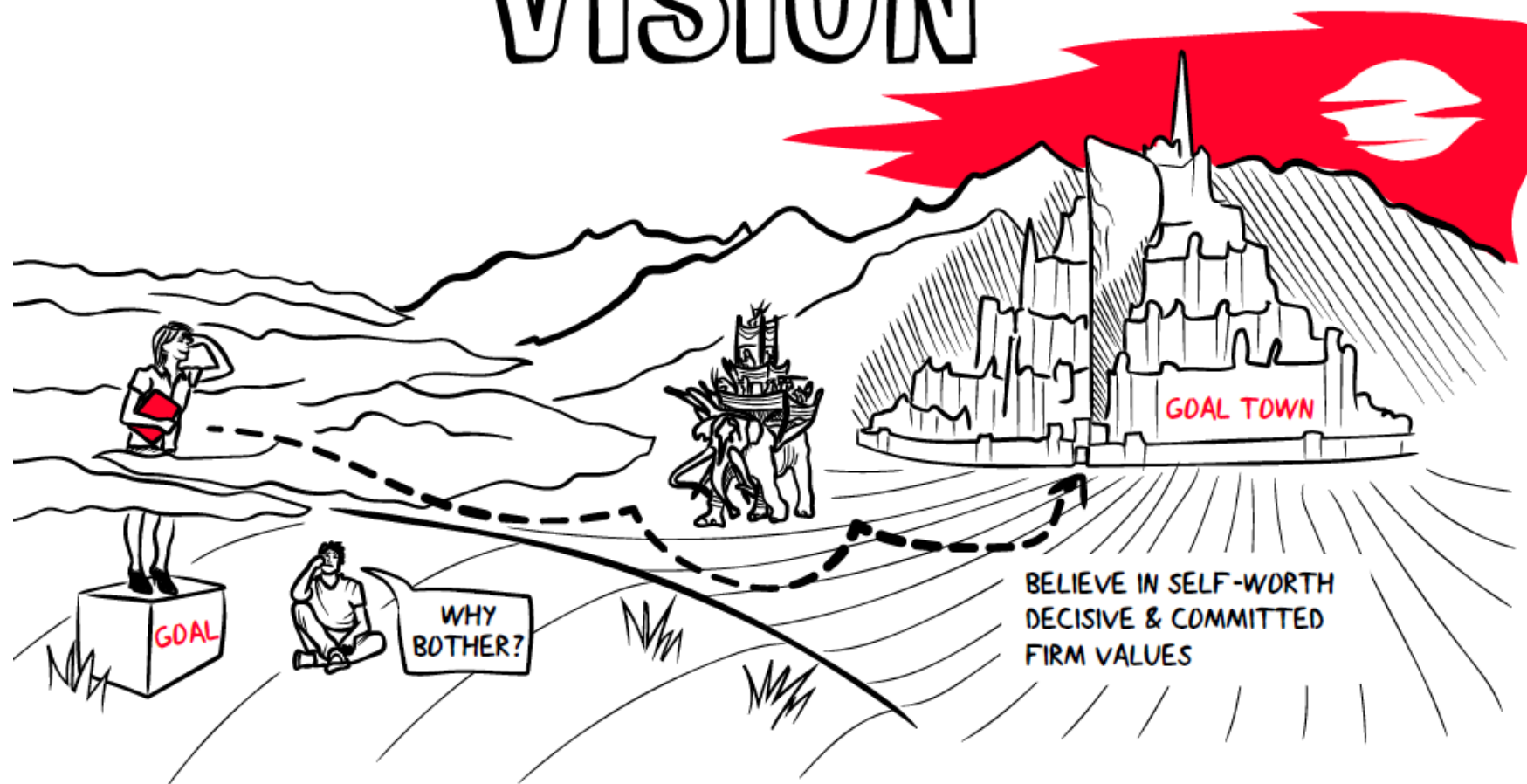
PR6

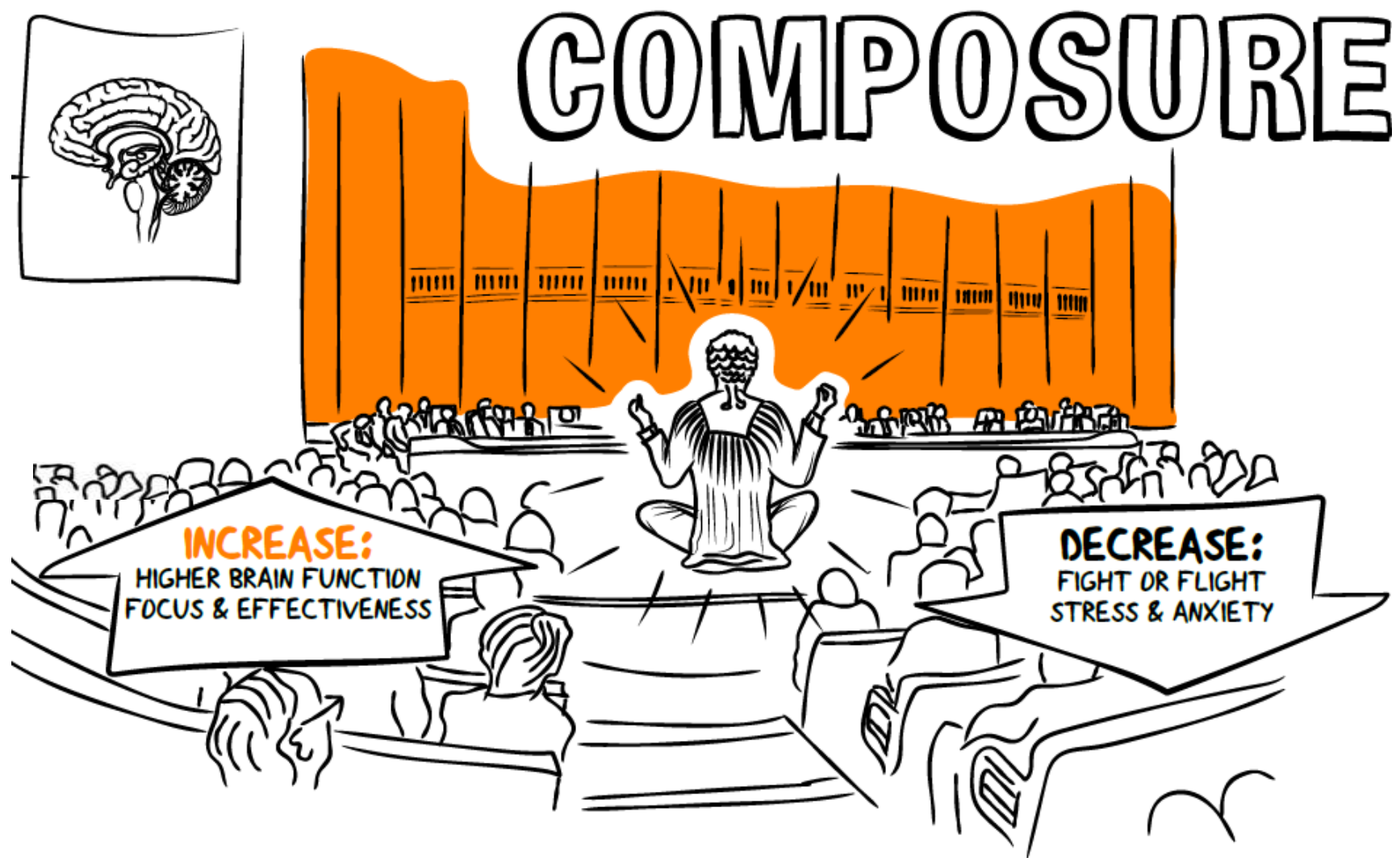
Making it personal



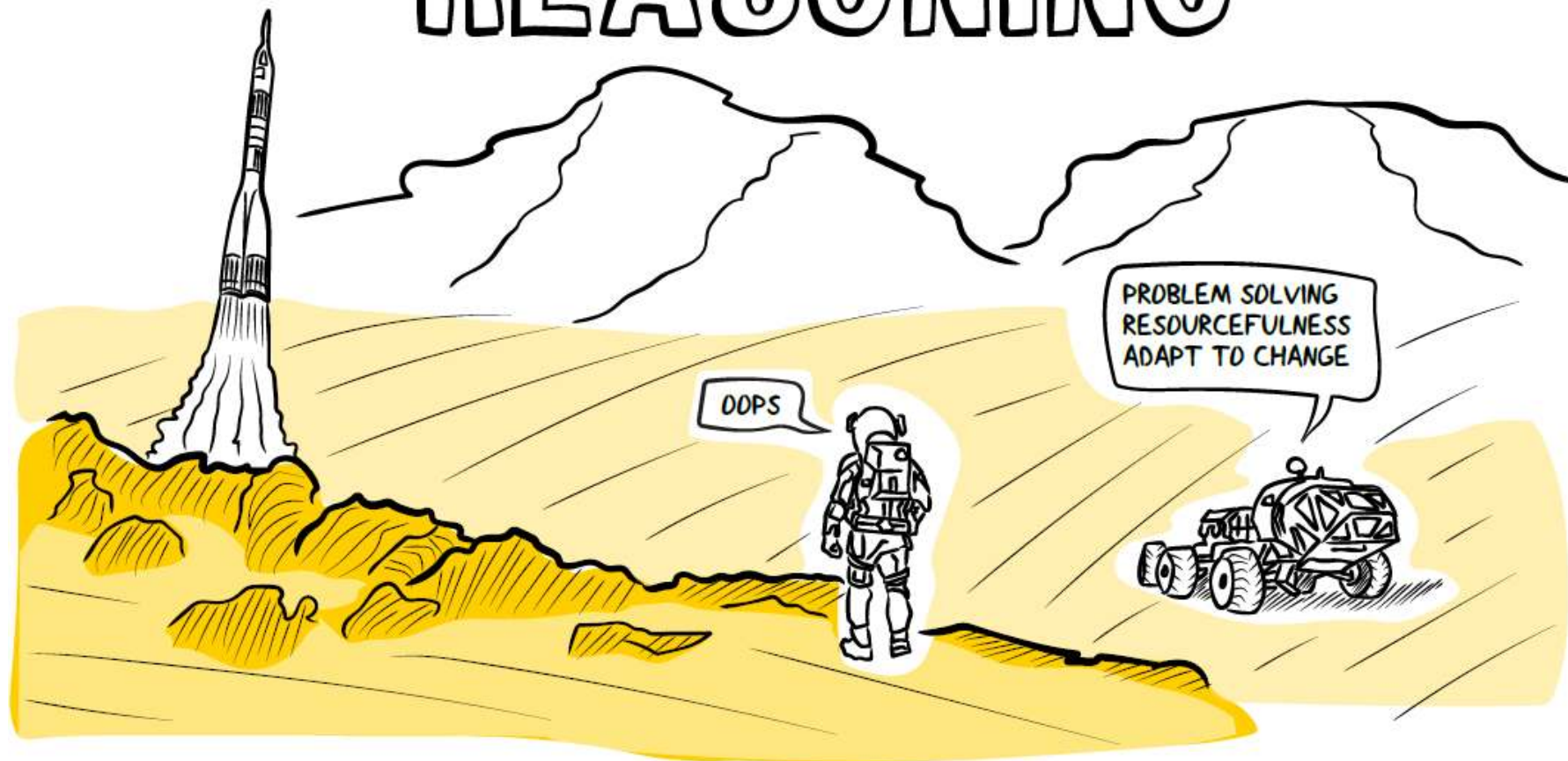
driven

VISION

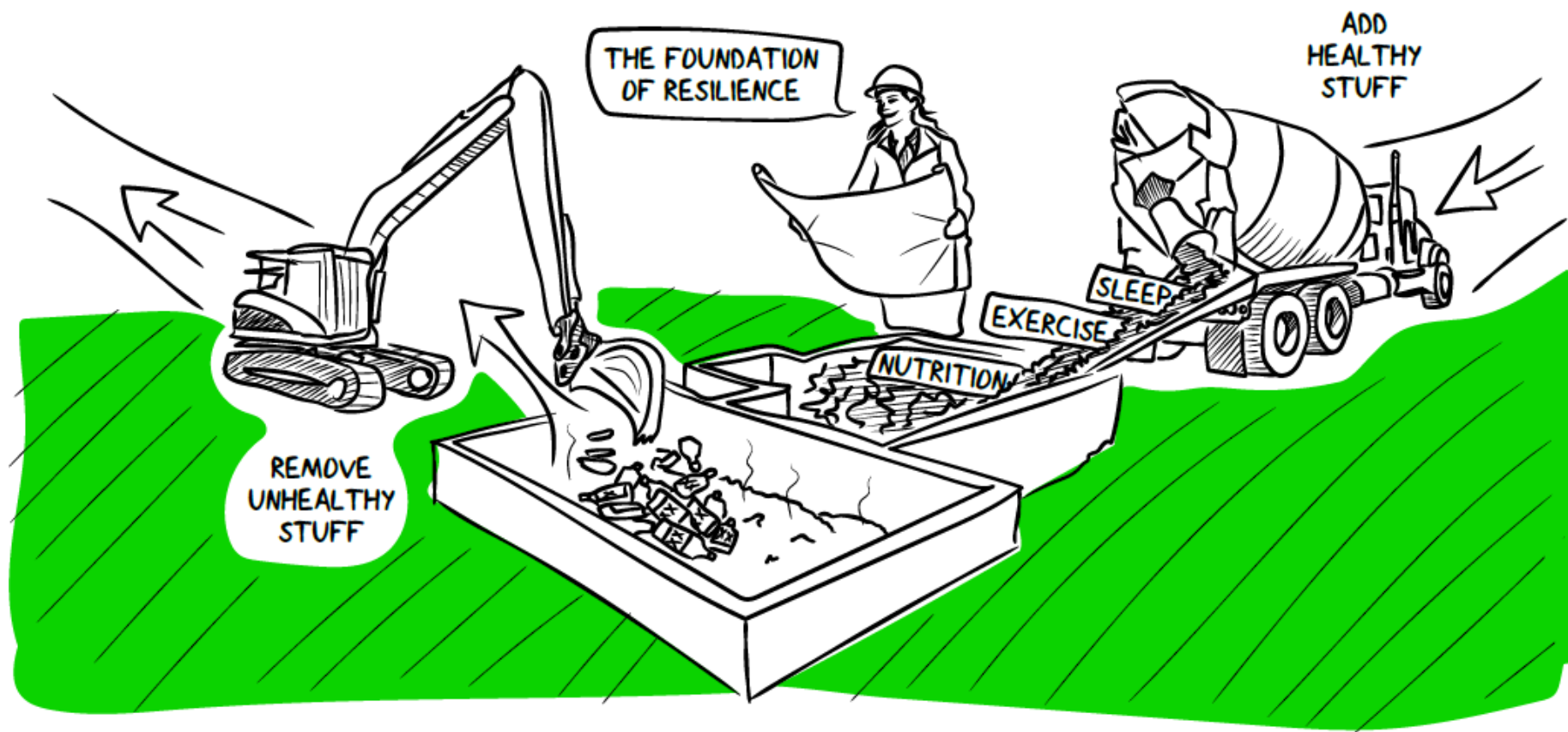




REASONING

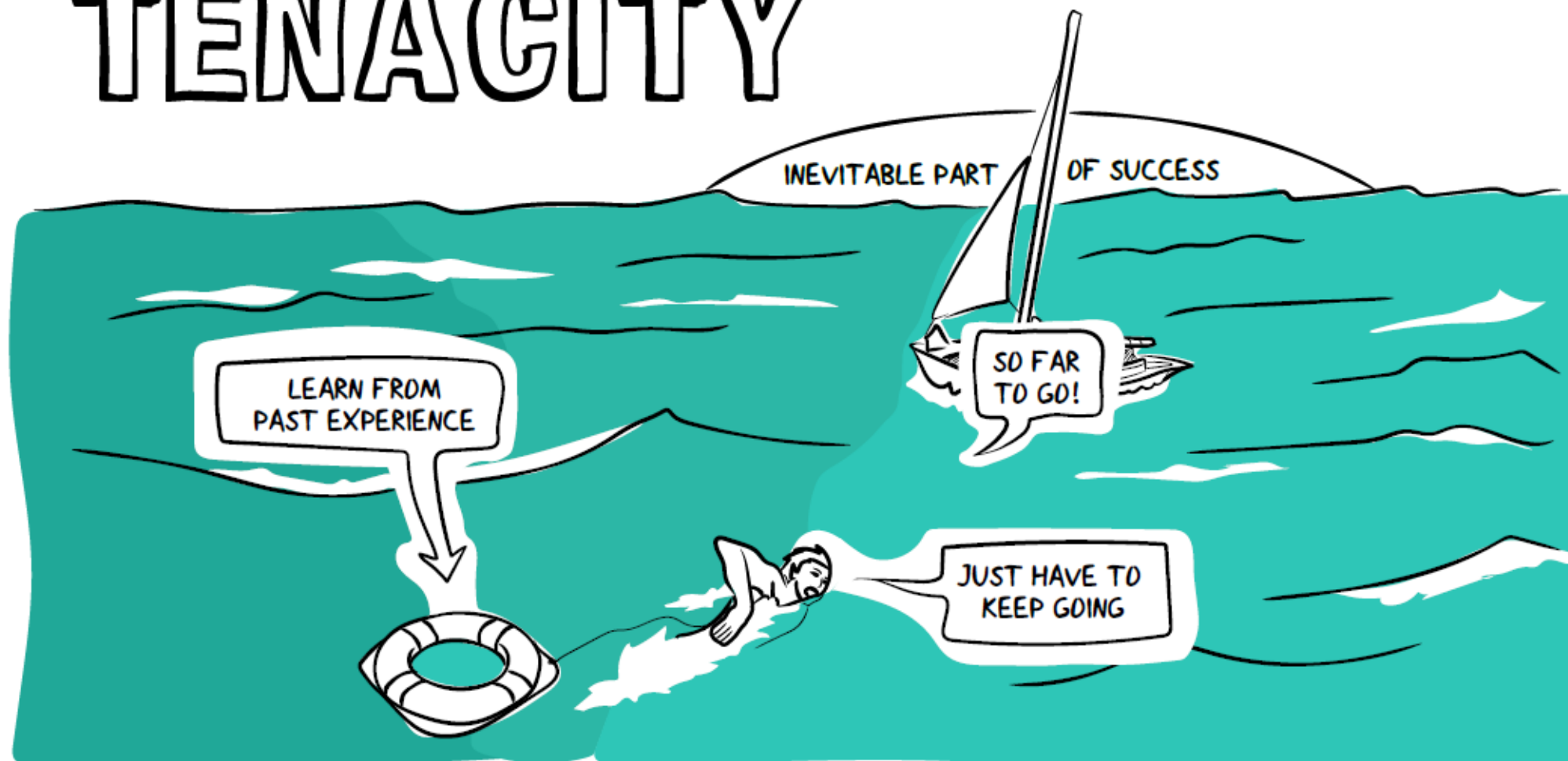


HEALTH

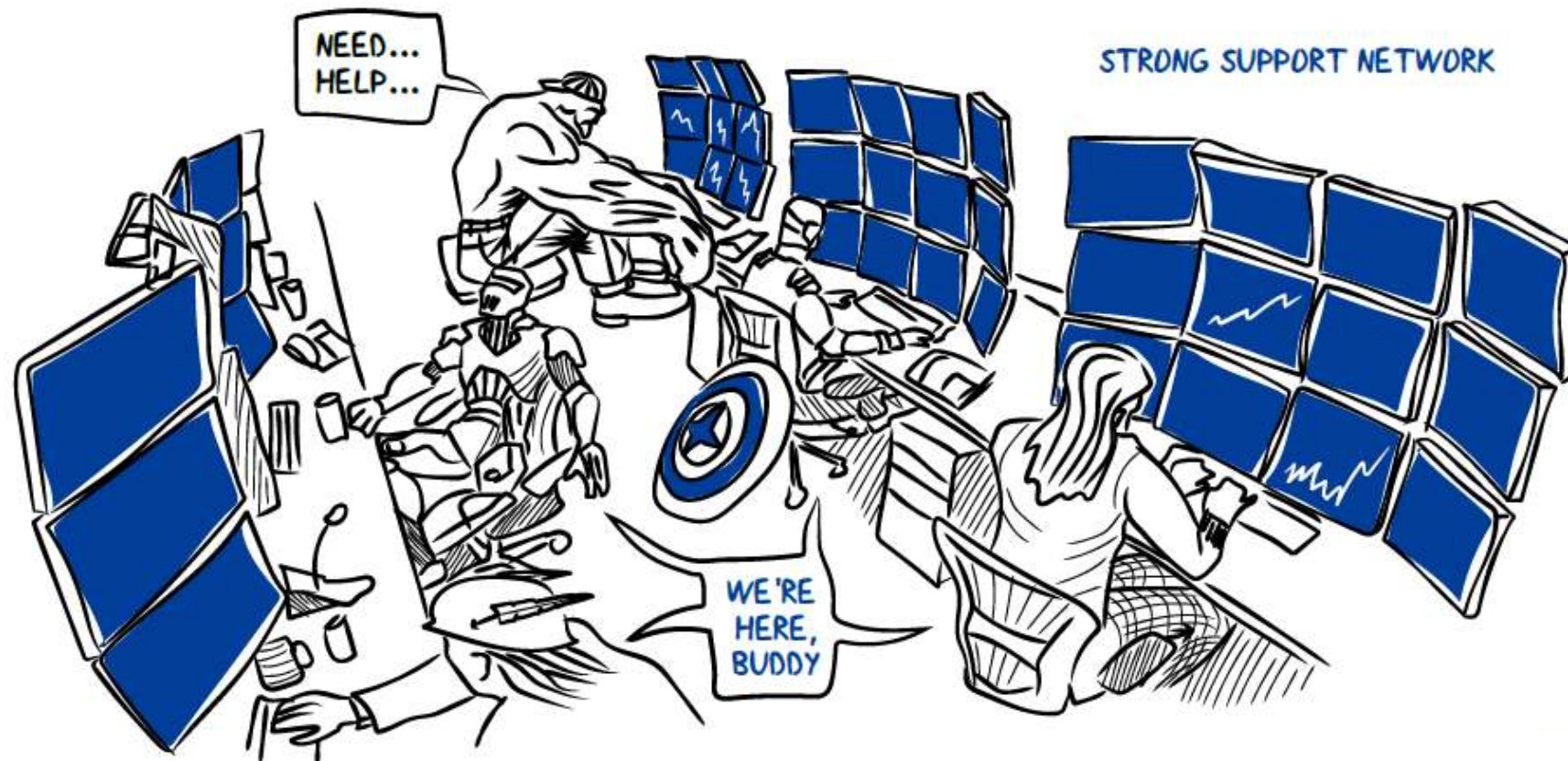


TENACITY

ALL PART OF THE GAME

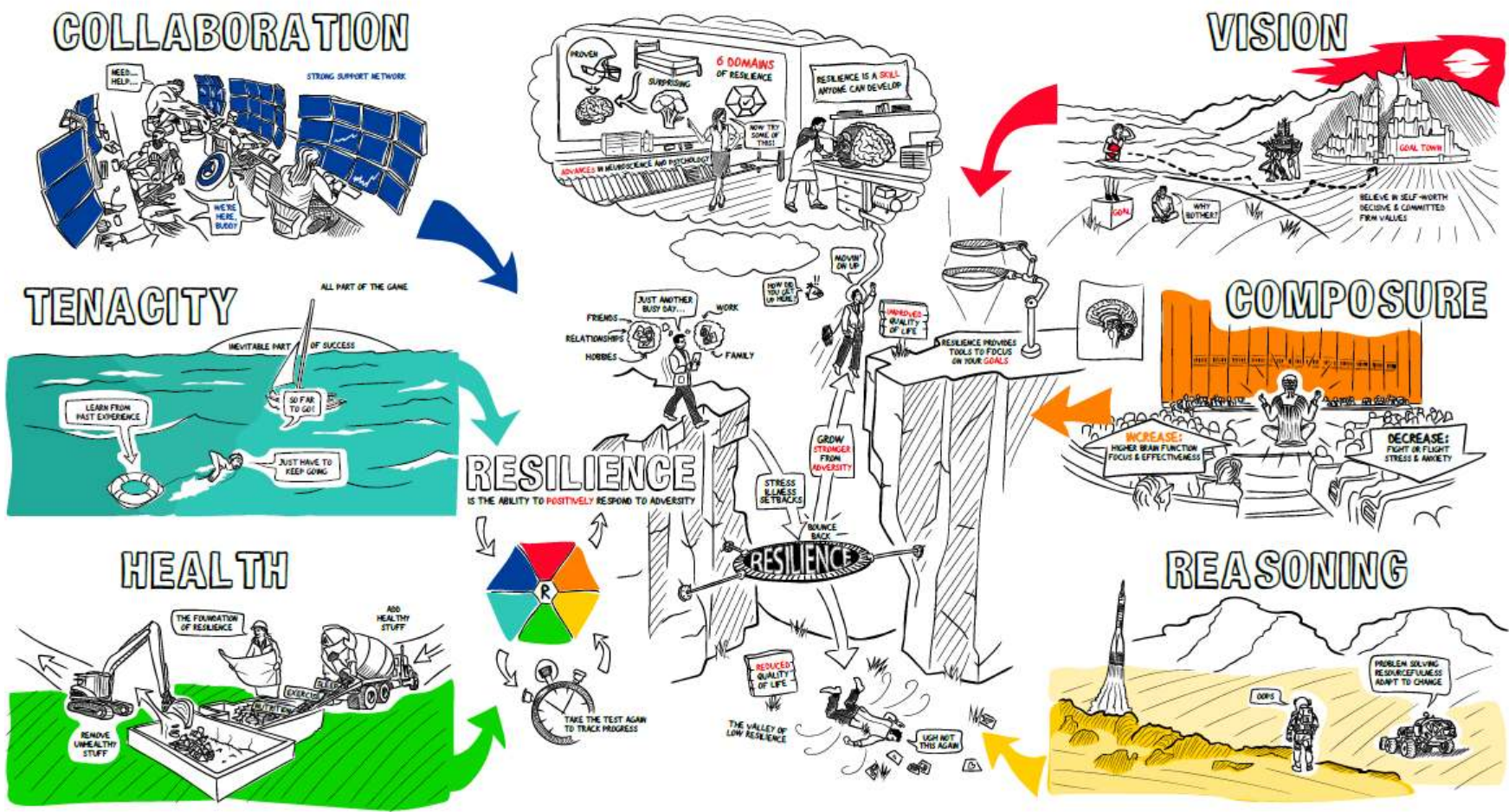


COLLABORATION



6 Domains of Resilience

Based on the neurobiological foundations of the Predictive 6 Factor Resilience Scale



1 Domain?

Resilience



Story

Resilience is about the big picture



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, secondments, and benefits available to employees.



Conduct & Behaviour
Advice in relation to any Suncorp Code of Conduct matter and providing support during formal meetings.



Health & Wellbeing
Advice on Return to Work, parental leave, long-term absence/illness, income protection assistance and support in formal meetings.



Dispute 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, advice when submitting formal and informal requests.



Redundancy & Redeployment
Interpretation and assistance with the process, issues with final pay, and how you may be impacted during organisational change.



Any Questions?

We're here to help

We partner with leaders to **Upgrade** their mindset, **Upskill** their leadership, and **Uplift** their teams to create high performing and psychologically safe teams!

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