

MANTRA #10

KICKSTART THE *convo*!



WHY?

Lifeline, reported that since the start of the pandemic, their daily call rate has risen from 2,600 per day to 3,100 calls per day. That's an increase of nearly 20%! That's potentially 20% of people in your world, personally or professionally, who need to feel like someone cares, that they are not alone and that they have the support they need.

WHO DO YOU

notice may not be **quite themselves at the moment**?
Who might be more **vulnerable**?

WHAT DO YOU

think they **need from you**? How could you **check in** on them to **show them that you care**? What **conversation** could you have?

HOW?

We need to remember the difference each of us can make to someone's day or life, by connecting, reconnecting, showing you care and kickstarting a genuine conversation.

CHALLENGE WE FACE

Sometimes we fear if we ask someone R U OK? and they respond that they are not OK, that we don't have the solution.

ACTION

You don't need to have the solution! Just knowing and showing you care can empower the individual to get the help they need.

TIP #1



Our **Respectful Workplace** is specifically designed to challenge individuals to explore their own behaviours and attitudes. It focuses on empowering you to act when you see or experience inappropriate behaviour in the workplace and assist to display the confidence, courage and resilience to contribute to create safe working environment.

VIRTUAL TRAINING & ONLINE LEARNING AVAILABLE

YOUR 2020

CHALLENGE

Here's a simple #2020Challenge to kickstart a conversation!

1. Reflect on who might appreciate a listening ear.
2. Take the time to check in and start a conversation.
3. Listen, without judgement!

*Choose 5 people in your world
and take the time to kickstart
a genuine conversation today!*

