

# **Graeme Cowan**

## Author, Team Care and Resilience Speaker

In rapidly changing and uncertain workplaces, Graeme Cowan shares practical and proven advice, that is focused on turning team care and resilience knowledge into action.

He loves being a professional speaker because sharing ideas can lead to conversations, and conversations can lead to action and change.



As the host of The Caring CEO podcast, he has now interviewed 70 CEO's who champion a culture of care and high performance.

After going through a 5-year episode of depression, he emerged with a different view about how we can increase our resilience, mood, and performance.

He is the author of 5 books, including the internationally acclaimed Back From the Brink, which has become a best seller in China.

He is also the Co-Founder of WeCARE365, which creates simple scalable eLearning to help managers prevent and detect early any mental health issues.



# **Building Safe and Resilient Groups that Grow**

Disconnection and burnout are the silent killer of great teams

There are 3 contributing elements to a "Great Teams Care" mindset:

- 1. **Self-Care**: Resilience for uncertain times
- 2. **Crew Care**: Building belonging and psychological safety
- 3. **R U OK?365 / Red Zone Care**: How to support a teammate (or yourself) in distress

#### **Resilience for Uncertain Times**





In volatile times, it can be easy to forget self-care. Adopting tiny habits can help you enjoy the direct link between self-care, resilience, and growth

These small steps are the secret to being prepared for moments that matter at home and at work.

You will learn:

- How to identify your mood vampires through Graeme's science-based 15-point Self-care Snapshot
- How to embed ONE new small habit to boost your mood, influence, and productivity
- How small habits lead to remarkable results

### **Growing Psychologically Safe and Resilient Teams**

Are we connected? Are we safe? Do we have a shared future? Answers to these 3 questions are central to better team performance in an uncertain world.

Our #1 priority is to help build a more caring and resilient teams, who enjoy growing together. We show how everyone can contribute to this.

You will gain simple, actionable steps, including:

- 4 daily connection questions every leader should be asking their team
- How to inspire team psychological safety (#1 of predictor of team innovation)
- How to embed a growth mindset and reduce risk

#### How to Support a Teammate (or Yourself) in Distress

The CSIRO has identified rising work stress as a mega risk to productivity for the next 20 years.

Major disruptions like Covid-19 have amplified this. Setbacks can happen any day, so having a sustainable and caring culture is critical.

You will learn how conversations are the key to:

- 1. Identifying someone who is struggling
- 2. Asking R U OK? with empathy
- 3. Guiding them to the help they need

# **Testimonials**

"Amazing, thankyou Graeme. I learned so much from my time with you. You are a wealth of knowledge! Looks like I have a new guru for Mental Health! I really appreciate your insights.

- James Hardie Australia



- Many of our leaders said that your presentation was the best they had seen at a Partners Meeting - and we have had some great speakers - so that says it all. I would recommend you to any CEO who is interested in the sustainable success of their leadership team
- Russell McVeigh NZ
- I have worked with Graeme in a number of organisations and find myself continually referring his name on to the CEIs and Executives I work alongside with. Graeme is authentic, empathetic in nature, and has supported the coming together of executive teams that face challenging times through transformation and changing environments. Is style allows senior executives to think differently about emotional resilience and wellbeing strategies that can increase performance and culture in an organisation.
- International Convention Centre Sydney

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