

# Giving a presentation about **RU OK?**<sup>TM</sup>

Encouraging people to start a conversation



# Giving a presentation about R U OK?

This document will help you to give a great presentation using our PowerPoint.

We suggest taking some time to prepare, so you enjoy giving the presentation and also make a big impact.

## Some things to think about when giving a speech:

- Smile at people
- Look at people - rather than at detailed notes
- Talk from the heart
- Know the content
- Avoid talking too fast
- Be confident because you're helping to get a really important message out there!

## One suggested way to structure your speech could be:

- 1 Engage people:** Describe a time when someone asked you "are you ok?" and it made a difference (1-2 minutes)
- 2 Connect:** Introduce yourself and explain who you are (1 minute)
- 3 Tell people why you're here:** In your own words, explain that you want people to walk out of this room knowing that they can make a difference by regularly and meaningfully asking "are you ok?" of one another (1 min)
- 4 Explain what R U OK? involves:** Start the PowerPoint and go through our steps to a conversation. Be really comfortable with all the slides. In this booklet is some additional content to help you talk through the slides. Try as much as you can to put this in your own words, as it will make it more authentic.
- 5 Thank people and ask them to go out and ask "are you ok?" today**



# Speaking points for the R U OK? PowerPoint

## Slide 2

We know that there is a pressing need for conversations beginning with “are you ok?”

Why?

### **Because life knocks us all down.**

- Illness can rob us of confidence and energy
- Work - or lack of work - can make us feel frazzled or inadequate
- Falling short of our goals can make us feel hopeless
- Death of loved ones can sap us of energy and hope
- Relationships breaking up can make us confused, sad or angry

We all need conversations.

And that’s why we all need to ask people around us “are you ok?”

By giving someone the opportunity and the time to share what they’re feeling, we’re giving that person something truly invaluable.

We’re giving that person a sense of connection and a sense of belonging.



### Slide 3

Of whom should we ask the question?

I am not going to give you a list of things to cross check and tick off to determine whether a person might not be ok. Instead I'll encourage you to trust your gut.

Someone might be more tired than usual, less talkative than usual, less sociable than usual.

The key phrase here is "than usual".

And this is also the key reason why family, friends and workmates can play such a positive role when someone's struggling.

We spend so much time with family, friends and workmates, so we're well-placed to notice the small changes that might suggest someone isn't coping or needs a bit of extra support.



### Slide 4-5



So let's say you notice something's up and you decide to check in with them.

Here's how you might like to approach it:

Ask "are you ok?" in a place that's comfortable, and where there'll be no pressure to end the conversation quickly.

Comment on the changes that you've noticed and let them know you're concerned for them.

Be relaxed in your approach. You don't want them to feel like they're under investigation. Questions that start with "What's has been happening?" or "Why do you think that is?" can help the person open up.

If they do say they're not ok, what do you do next?





### Slide 6-7

Listen without judgement. This can be the hardest thing to do.

We live in a world where so many things can be fixed and it can be tempting to jump in and try to push someone's worries away. It can be really hard to hear that someone is in pain or struggling - but try and sit with the discomfort and remind yourself that your support is critical.

### Slide 8-9

We should avoid saying things like "I know what you're going through".

It can be really tempting to share our own stories but this isn't helpful because it makes us the focus of the conversation.

Other phrases that aren't very helpful are "Look on the bright side" or "Just focus on the positives".

We might think that we're helping them by being upbeat but it can make them feel worse.

We can also make them feel like what they're going through isn't that important.





### Slide 10-11

Instead, take what they say seriously and say “You’re not alone” or “That sounds really stressful or difficult”.

Or... “How can I help you?”

Or... “I’m here for you and I want to listen to what you have to say.”

Try and avoid rushing the conversation and try not to be afraid of sitting with silence.

Give that person some space and quiet to find the words to express what they’re going through.

### Slide 12-16

Once they’ve shared what they’re going through, help them think about one small step they might be able to take to improve their situation.

It could be they need see their doctor or a psychologist if they’ve been feeling really low for more than 2 weeks.

They might need to talk to their boss about an issue that’s been taking place at work.

They might need encouragement to think about what they can do differently ...

... or some help thinking about what’s causing their troubles...

.... or some help to figure out what would make life easier.



### Slide 17-18

Sometimes we can be ready to have that conversation but the person just doesn’t want to talk.

That’s ok. Just let them know that you’re always ready to have a chat when they’re ready.



### Slide 19-20

Whether the conversation takes place or they would rather not talk just yet, make sure you follow up with them.

Make a joint decision to spend some time together in the near future and see how they're going.



### Slide 21

A lot of this might sound fairly intuitive – and it is.

R U OK? wants to give people a bit more confidence to be there for each other when things are a bit tough.

It's 3 little words we can all ask.



### Slide 22

And if we all did, we could change the world.

So, I'll leave you with this final question: Who will you ask?



### Slide 23

Thanks for your time.