



FBA'A

RUOK? DAY

DOWNLOADABLE BROCHURE

Thursday 9th September 2021



Proudly supporting
RUOK?TM

THIS YEAR THE MESSAGE IS...
ARE THEY REALLY OK?
ASK THEM TODAY.

AGENDA

Thursday 9th September 2021
10:30 AM AEST START

- 10:30 AM** Open with MC Renee Blethyn, Head of Broker Partnerships with NextGen.Net
- 10:40 AM** “Are they really OK?”, ‘how to notice signs someone might be struggling in the community, how to ask ‘are you ok’ meaningfully and where to refer for help if required and hear how an R U OK? conversation can make a difference’ with R U OK? Ambassador, Jo Hassan.
- 11:10 AM** Health Minister Update - The Hon Greg Hunt MP
- 11:15 AM** FBAA & Mental Health initiative - Peter White AM, Managing Director FBAA
- 11:20 AM** Insights to a work/life balance - Hosted by Peter White AM, Managing Director FBAA and FBAA Women’s Panel

15 MINUTE BREAK

- 12:00 PM** ‘Olympic Team Model’ – Ash Playsted, MindSet Fit Coach
- 12:20 PM** ‘How to silence your inner critic’ - Joanna James, General Manager Mortgage Ezy
- 12:40 PM** ‘Being ‘real’ can change a life!’ - Alex Brgudac
- 1:00 PM** ‘Building Resilience’ – Nicolette Spicer, Assure on behalf of wellness sponsor Suncorp
- 1:20 PM** Q&A with all of the presenters from the day
- 1:50 PM** Close with MC Renee Blethyn, Head of Broker Partnerships with NextGen.Net

CPD eligibility requirements:

- You must tune in for the whole session for your attendance to be marked and to receive these hours



1. Ask R U OK?



Start a conversation using these 4 steps

4. Check in



2. Listen



3. Encourage action



JO HASSAN

- R U OK? Day
Community Ambassador

As The Vitality Expert, Jo Hassan shows individuals and organisations how an understanding of mental good health and increased vitality can lead to improved profit and more enjoyment of life. She understands the flipside though and published a bestselling book about her recovery from post-traumatic stress disorder (PTSD). This led to her volunteering as a Community Ambassador for R U OK? Day.

Useful contacts for someone who's not OK

Lifeline (24/7)

13 11 14
lifeline.org.au

Kids Helpline (24/7)

1800 55 1800
kidshelpline.com.au

Suicide Call Back Service (24/7)

1300 659 467
suicidecallbackservice.org.au

Mensline

1300 78 99 78
mensline.org.au

Beyond Blue (24/7)

1300 224 636
beyondblue.org.au

More tips at ruok.org.au



THE HON GREG HUNT MP

- Health Minister, Australia

Greg was elected as the Federal Member for Flinders in 2001. He has served as Minister for the Environment, and Minister for Industry, Innovation and Science.

As Minister for Health since January 2017, Greg is working to deliver a world-class health system for Australia. In December 2020, Greg added responsibility for Aged Care to his portfolio, leading the Government's response to the Aged Care Royal Commission.



RENEE BLETHYN - MC

- NextGen.Net

Having started her career as a broker working with her Dad, Renee has incredibly valuable insight into the pressures, stress and complexity of being both a mortgage broker and a business owner.

She is extremely passionate about the finance industry and the role we play as a community, working together in helping consumers make informed choices about their finances, and hopefully improving their financial wellbeing.

Having joined NextGen.Net in early 2021 as National Head of Broker Partnerships, Renee has a wealth of experience in the industry, a deep understanding of the needs of the broker channel, and a strong focus on optimising innovation and opportunity.



PETER WHITE AM

- FBAA Managing Director

Peter White is the Managing Director of the FBAA and first started as a volunteer with the FBAA in 2003 as the State President for NSW, then National President and Chairman of the Board of Directors.

Peter's banking and finance career spans over 41 years covering retail banking, Head of Private Banking, Associate Director of Marketing and Distribution in Investment Banking, established RAMS Home Loans first sales office in 1993 and has run several mortgage management and broking businesses of his own.

A strong and passionate advocate for industry, Peter spends a significant amount of time with regulators and government as well as being a Registered Lobbyist in his own right and is the leading advocate for Mental Health Awareness in our finance industry.

Peter was recognised in the 2019 Queens birthday honours with an "AM" Member of the Order of Australia for significant services to industry and the community.



ASH PLAYSTED

- MindsetFit Coach

Ash Playsted's success has garnered the attention of peak performance enthusiasts around the world including executives, business owners, entrepreneurs and sportspeople; and the number one question Ash gets from outsiders looking in is: "What the heck is your 'secret sauce' to making this all happen?"

"My approach is really simple, if you want to rapidly improve any facet of your life, it starts with building yourself a bulletproof mindset. While most coaches and instructors want to fundamentally spew out more information, I work with what you already have. Many of the world's most successful people have what you would consider 'unorthodox' thought processes, but their action taking and habitual thought is 100% congruent with their desires in life." states Ash.

"It's quite simple, I shift your mind out of 'everything mastery' mindset and into 'performance mastery' mindset. When you master what you can control, those skills become transferable to any part of life and business."

Ash's core belief is "Mastery of self is mastery of everything."



JOANNA JAMES

- General Manager, Mortgage Ezy

Joanna's career began as a registered Architect and Builder, however life took a 180 degree turn more than 20 years ago when she decided to bring her unique talents into the Mortgage Management arena. Working across all facets of Mortgage Ezy, she was one of the founding directors when the Company changed its focus to Lending in the year 2000. Seen as a breath of fresh air, her creative abilities have held her in good stead in the areas of innovation, design and technology. She actively sets out to create an environment where creativity and logic go hand-in-hand empowering diverse teams and mentoring future managers. Joanna is the President of the MFAA's National Mortgage Managers Forum, providing a voice for responding to consultation from Government and from Regulators. Joanna's contribution to the Industry was recognised this year in the Women in Finance Awards when she was awarded Principal of the year.



ALEX BRIGUDAC

Alex brings 20 years of leadership experience across the financial services industry, from leading multi-national, multi-product and multi-channel corporations to fintech start-ups, with a strong track record of building brands, strategy and distribution that delivers sustainable growth in challenging & competitive markets.



NICOLETTE SPICER

- Assure

Nicolette has a BSc in Sport Science and over 20 years' relationship management experience. Nicolette has been with Assure for 8 years and has partnered with many blue-chip clients, including managing the wellbeing programs for many organisations.

Assure run the Confidential Counselling Program initiative that FBAA & Suncorp provide

Nicolette will be speaking on behalf of our wellness sponsor Suncorp.



SUNCORP

- Wellness Sponsor

Building futures and protecting what matters - is not only Suncorp's purpose, but has also been their focus for over 100 years. It's based on a strong conviction of building a sustainable and responsible financial services group that helps their communities to prosper. As strong supporters of brokers with over 25 years sustained channel commitment, Suncorp considers the wellbeing of brokers a priority and are therefore pleased to be working in partnership with the FBAA to bring awareness and support to these matters.

THANK YOU

To Our Wellness Sponsor

SUNCORP



To Our Content Providers

NEXTGENoNET®

mortgage EZY®

Beyond Blue

The MindsetFit Method
PROFIT | PRINCIPLES | PURPOSE

Proudly supporting
RUOK?

RESOURCES

We make time to ask
RUOK?™

- [Become a R U OK? Workplace Champions](https://www.ruok.org.au/every-day-resources)
- <https://www.ruok.org.au/every-day-resources>
- <https://www.ruok.org.au/how-to-ask>
- <https://www.ruok.org.au/findhelp>
- <https://www.youtube.com/c/RUOKAustralia>



- **Heads Up website**
<https://www.headsup.org.au/>
- **Heads Up training and resources**
<https://www.headsup.org.au/training-and-resources>
- **Beyond Blue resource library**
<https://www.beyondblue.org.au/get-support/resource-library>

assure
PROGRAMS

Member Assistance Program

Our member assistance program is designed to support you, whether you need support urgently due to stress, anxiety or depression, or you just want to take a proactive approach to mental wellbeing and develop mentally healthier habits. Assure can assist, whatever your situation.

This program is sponsored by Suncorp, delivered by Assure, and completely confidential.

As an FBAA member, your entitlement includes:

- 4 x employee assistance program (EAP) sessions
- 1 x financial coaching session
- 1 x legal coaching session

Book an appointment by calling Assure on 1800 808 374, or you can also request an appointment online.

BOOK AN APPOINTMENT