



SINK OR SWIM



Chapter 1: Facing challenges head on, and creatively finding solutions, when others might not persevere



- How you tackle a problem shows your courage, determination and commitment
- We can choose to look at each and every experience as either a positive or a negative



Gaining and cultivating trust and respect with your executive, and creating a relationship that works for you both





- Listening to your manager & understanding what you can do to help
- Adapting your working style to your manager's style
- Good communication skills and building trust
- Remember your boss is human too
- Don't just go to your manager with problems, offer up solutions
- Work with what you have and build upon it



Safety pin



Metallic pen

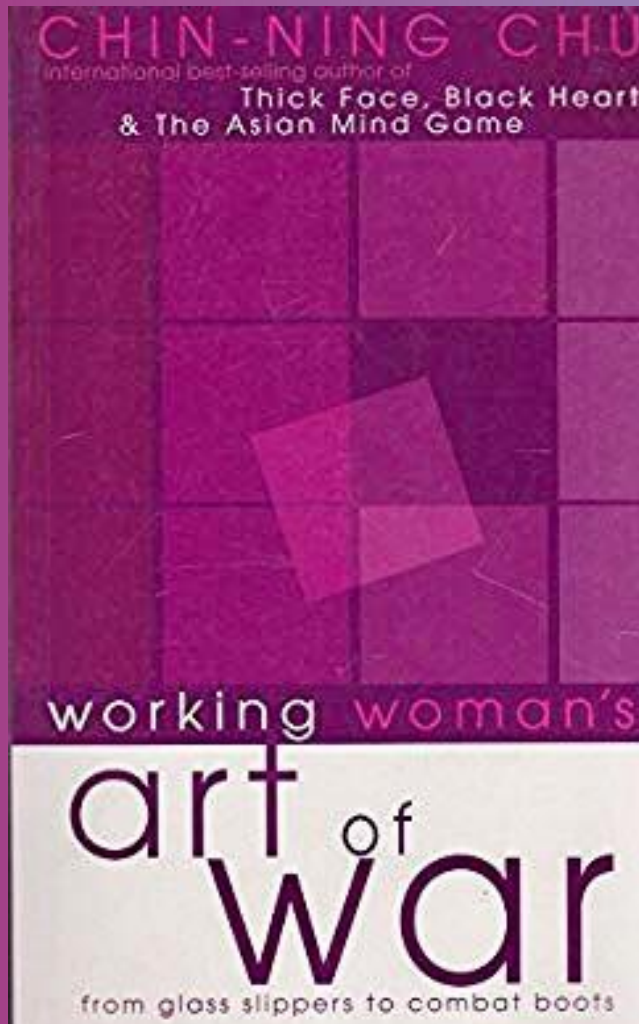
silicone phone case



'Pig Stabber'

screw in spikes





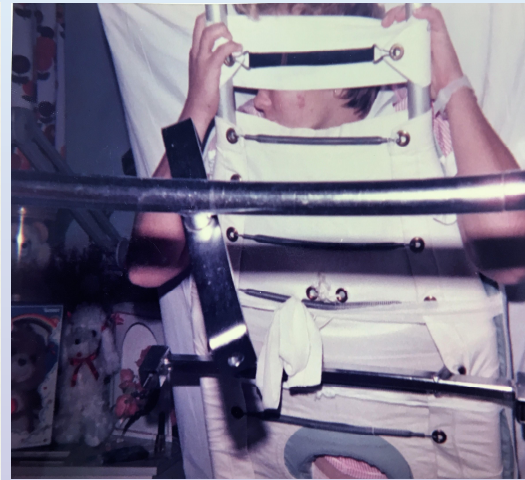
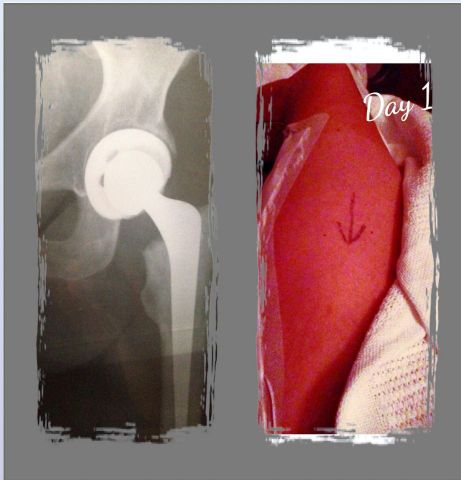
Tips for 'managing your manager and tackling difficult conversations that you'd rather avoid

- Understand the importance of timing and your approach

If you want to see **change**
be the one to make it

happen.





2011
Jan

David
Brother

Suicide

2011
Jan

Jake
Son

*Diagnosed with a
disease*

2011
March

Andrea
Best friend

*Passed away from
Brain Tumour*

2011

Mum &
Brother

*Mum - Multiple
Strokes
Brother - Stopped
breathing*

2014
- 2018

Corrine
Me

*Autoimmune
Disease
2014-2018
Replacement
surgeries*





2015

Blake

*Stomach Sarcoma
passed away
2016*

2015

Beau - 17

Brain Tumour

2016
Feb

Milli - 9

*Grade IV
Glioblastoma
Brain Tumour*

2016
March


Tess - 11

Brain Tumor

2017

Monica

*Bi-Lateral
Mastectomy and
Radical
Hysterectomy*



"Courage doesn't always roar
sometimes courage is the quiet voice
at the end of the day saying
'I will try again tomorrow'"

- Mary Ann Radmacher

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