

Fuel for Thought

RU OK?

One day a few months ago, a new resident mysteriously appeared on our site – a magnificent looking Peacock. We like the little guy and have come to enjoy his company. As you probably know, it's the male of the species that's famously known for putting on a display which is thought to help attract a mate – and also put off rivals and predators.



Bruce Andersen
Site Superintendent,
QER

During the week I was reflecting that human males share some of the same characteristics. The need to present a brave face to the world – and not talk to each other about the vulnerabilities, concerns and worries that all of us feel from time to time.

Thursday, was RU OK day. It was a topic of conversation here at QER and a good opportunity for reflection. There are many things that blokes are good at – but traditionally, expressing our concerns and our worries isn't one of them. Part of the problem is that we don't often give each other the opportunity to do that.

So what do we do? To be honest, it's pretty basic, but easier said than done. We just need to occasionally look up from the day to day tasks to see how our colleagues are going. And we need to make some time



to give a mate the chance to talk about the things that really matter, and then really listen, without judging and without trying to solve the problem.

It takes real courage to do that but I have no doubt it would make our workplaces better and in some cases might even save a life.



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