SUSPILNE UKRAINE

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> PROVIDING STAFF WITH PSYCHOLOGICAL SUPPORT INTIMES OF WAR: A FUTURE OF WORK EVENT IN ASSOCIATION WITH UA:PBC



Broadcasting for Ukrainian public during the war

SUSPILNE has had to regroup the whole company without losing competence and continuity in content production and distribution



Were We Ready? /for war/

- There were some crisis scenario
- Focused on the tech issues mostly
- ...and some illusions of course:)



6:30 a.m. Feb. 24, 2022

our non-stop marathon has been started







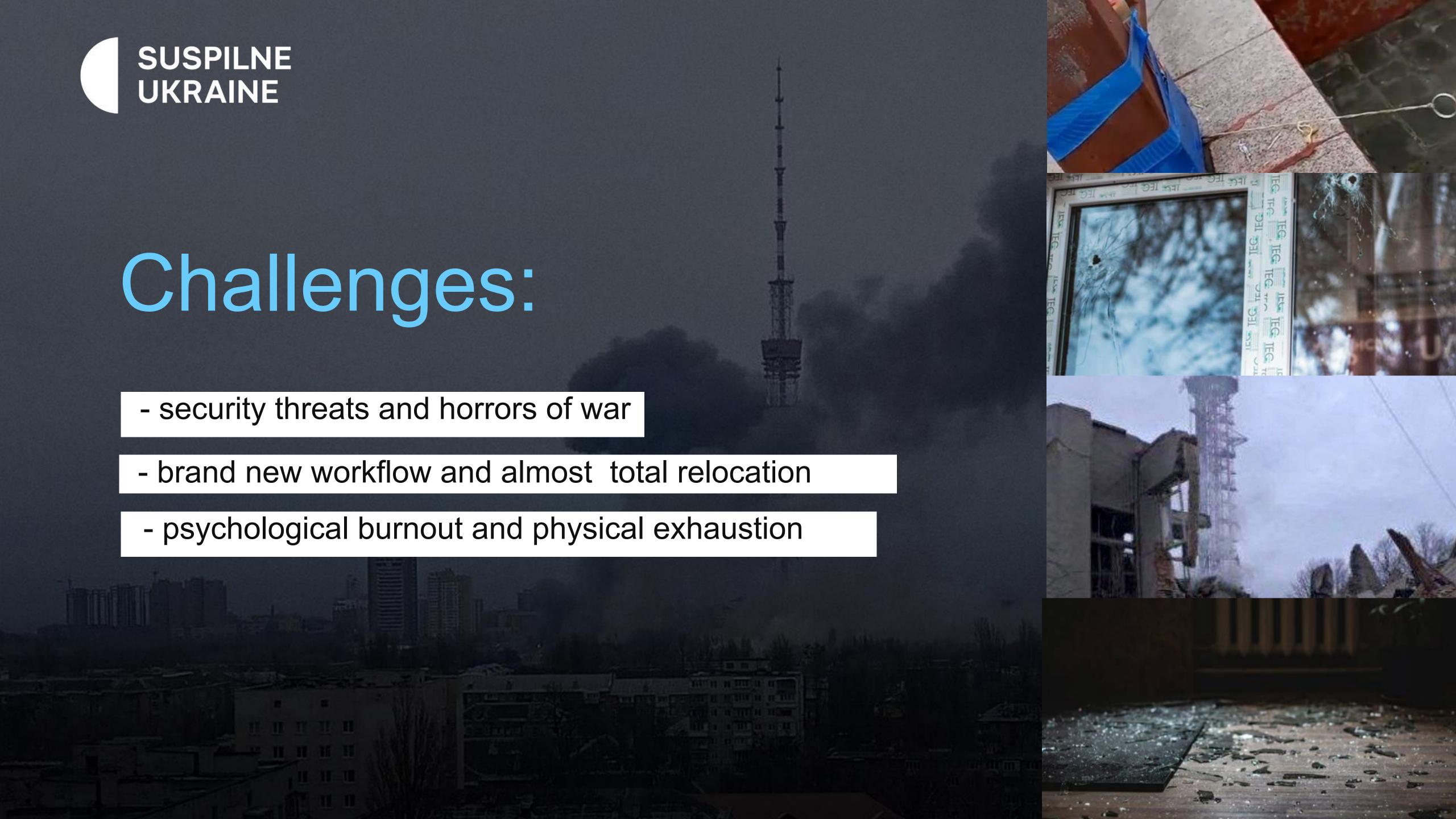
People:

- 1,9% (77) in Armed Forces of Ukraine
- 5,6% (230) have left Ukraine
- 21,7% (890) on an idle time with 2/3 of salary

...missed, wounded, captured, homeless









Answers:

- the corporate culture we have
- leadership of middle management and producers
- fast, decent and continual communication
- psychological support and care







3 Phases of Realization

- Zero Support Period
- Support by Volunteers
- In-House Consultant(s) + Volunteers







A would-be road-map

- Educational Workshops (weekly, on-line)
- Self Support Groups (weekly, on- & off-line)
- Stabilization Sessions (1-3/issue) on G-TEP protocol (on- & off-line)
- Stabilization Exercises Group (regularly, on-line)
- Art Therapy Sessions (on- & off-line)



And one more thing...

All of us are on the same level of **mental health** during such a crisis. We do not know what exactly our colleagues **feel** right now. We do not know what has **happened** with their families, homes, friends even pets this morning or last evening. Sometimes we are under a **pressure** we are not created for. Keep it in mind while working with your teams, please.

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Thank you for your attention and your support!
...Q&A, please...