

ZOTL Positive impact stories

On Tue, 14 Jan 2020 at 12:54, O'Connor, Warren <warren.o'connor@boral.com.au> wrote:
Hi David,

Hope you had a great break.

Just wanted to thank you and your team for the resources you have given me through the Zero One Ten training program.

During the xmas break my father became extremely ill and on christmas morning passed away on the farm with all the family by his side. My father who was a very strong and proud farmer was not religious by any means and his wishes were to be cremated and a ceremony held on the farm.

So as a family we agreed this is what we would do to honour him, the issue was that none of the family wanted to do the speaking, so through my time at Zero one ten i decided that i would take what I had learnt from the program and put into a personal situation. utilising the tools I was given and also the courage to speak to a large crowd (whilst overcoming the grief) i stood up and ran the ceremony not only on behalf of my family but also my father.

To be honest, if I hadn't of completed the program i am certain that i would not of been able to be the spokesman for the family at such a difficult time.

I really do thank you and i hope that this program continues to be rolled out to more of the Boral leaders as i think that the knowledge and tools we gain will not only help with our journey through Boral but also our journey through life.

Thank you.

Regards,

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By way of explanation, to ensure that I didn't miss any of today's presentation I was making notes as the day progressed, just in case I needed a break. Thankfully with everyone's help I was able to participate fully and thoroughly enjoyed my time being with you all again.

I'm such a lucky soul really as I started my ZERO-ONE-TEN Leadership programme back in late February with yourselves and David. I feel that it is important to recount to you all how learning about the "Circle of Concern and Influence, building self-awareness, the resilience wheel and understanding how important resilience and energy actually is.

Remember, I shared with you the story about the carpet python and its interaction with my wife's arm, what I omitted to tell everyone was my wife suffered from breast cancer malignancy. The snake bite compromised the good ladies circulatory system and she became seriously ill a week ago. Due to the circulatory system's interaction with lung tissue and the inability to breathe, my wife passed away in the early hours of Monday morning.

What helped me so much through the long hours that I slept at Greenslopes Private Hospital for three nights before Karen's passing was the importance of getting sleep, the necessity to relax, how important a walk around the cancer ward was, the necessity to maintain a good relationship with the Nursing and Oncology staff, and,

I've missed something haven't I - yes, Fun.

Watching your wife slowly drift away, how is that fun. I had to come up with a Stress response and I found it, my wife and I loved the music of the 70's, John Denver, the Beatles, Abba and so on, my wife is non responsive, receiving massive doses of morphine, how can you have fun. Well let me tell you we listened to all her favourite music during those dark, long hours the expressions on her forehead, eyebrows and nose meant the world to me. I would have never ever considered all the previous thoughts and actions had I not been on this magic course that I started two weeks before.

Thankyou for your support and understanding shown today, you all along with David and Andrew have provided me with the inspiration to go the extra mile and I'm proud to be a Boral employee associated with you all.

Kind safe,

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