



Ticketing &

Marketing Expo

Tuesday 18 July 2017 | Arts Centre Melbourne

THE ARTS
wellbeing
COLLECTIVE



CREATIVE VICTORIA

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Upcoming Events

- Free mindfulness sessions
- Centre Stage: Identity and Self
- Arts Wellbeing Collective Roadshow
- Company: Healthy Creative Communities
- Arts Wellbeing Collective EXPO

ACTIVITY:

- Wellbeing Issue = STAND UP
- Service Delivery Issue = SIT DOWN

Front of House
Supervisor is rude to
a customer

Publicist sends a
press release with the
wrong date and time
for a show

Usher is late to their
shift four times in a
row

Marketing Coordinator is
badmouthing an
upcoming show on
Facebook

Bar attendant trips
and sprains their ankle

**Top Challenge:
Getting bums on seats**

The best bits

“The diversity of projects and productions”

“The creative outcome for the community”

“The opportunities we provide artists, creators and performers”

“Listening and watching audience reactions to a show”

“Customers, hirers, producers, performers, you never know what is about to walk in the door!”

Top Causes of Work Stress

- Work demands
- Low levels of control over work
- Poor levels of support by supervisors and colleagues
- Lack of role clarity and role conflict
- Poorly managed relationships or poorly managed change

Work Demands

- Find your magic number
- Debrief
- Celebrate

Low Levels of Control / Support

- Look for opportunities for control
- Revisit your objectives
- Get involved
- Avoid 'grass is greener' thinking

Reach Out

- Communicate early
- Seek help
- Consider a working group / problem solving group
- Remember your strengths!



Thank you

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