



TAKEAWAY MENU

PAIGE WILCOX

20/10/21

WATCH IT AGAIN!

Password is
CONNECTION
(all CAPITAL letters)



We are so grateful that Paige was able to join us today and we truly appreciate her honesty, openness and clarity. We love some of the words of gratitude we saw in the chatroom – such as "Thanks for being Curious." "Grateful." "Informative." "Courageous" and "Vulnerable". We really encourage you to watch this session if you missed it (or watch it again), using the link above, as Paige touched on some really important topics such as:

- If you have found out that someone is gender diverse from someone else, please don't just go up to that person and start asking them questions.
- However, if someone does share their gender diversity with you and you are curious and have questions, Paige recommended that you say something like, 'Thank you for trusting me with this information...is this something you want to talk about? Or were you just letting me know to alleviate some distress?' And let them tell you where they're at and if they are ready to talk further.
- Check-in in the moment. And remember that a 'Yes' in the moment is just a yes in THAT moment. It's a matter of consent and you need to always just check-in each time.
- The single source of truth when it comes to gender pronouns is the person it's about. Most people are ok if you ask them to confirm their pronoun before you start using one.
- Remember that it is a diverse community. A person that went through a transition may have chosen to do it like Paige which for her included psychological, pharmaceutical and surgical treatment. Not everyone needs or wants that. So don't assume.
- It is NEVER appropriate to ask 'have you had the operation'. NEVER. This can be invalidating. As Paige said, 'you're implying that my being a woman is dependant on your opinion because of what's under my clothing.' Think of it like this, throughout your day, when you're interacting with people, how often are you thinking 'I wonder what's in their underwear?' Mic drop.

LINKS

- [Click here](#) for Paige's website
- To watch the TEDxUQ talk [Click Here](#)
- [Click here](#) for the open letter Paige wrote
- [Click here](#) for the GLADD Media Guide terminology to use and what to avoid (it's for journalists but useful for all of us)
- For Paige's blog post about how to be an ally [Click Here](#)
- [My Life Most Memorable](#) and [Before We Pulled The Trigger](#) can both be ordered as a paperback through most online bookstores, or as an eBook
- You can follow Paige on [Instagram](#) or [LinkedIn](#)

COMING UP - TUESDAY OCT 26 AT 8.30AM AEDT



LIVE LINK

Password is
CONNECTION
All in capital letters

Mark is a mental health expert and strategist with 12 years' clinical psychotherapy experience underpinned by 25 years' commercial experience. He helps individuals, teams and organisations to get in front of potential mindset and mental health issues, deal effectively with stress and bring people back from burnout to optimise resilience, promote a growth mindset and fulfil their potential. By using his unique blend of clinical and corporate experiences, he works deeply with teams in creating safety, cohesion and an environment where they can flourish by creating the conditions to deliver peak performance and learn healthy coping strategies. Uniquely, Mark brings experience and understanding from his 25-year corporate career working in high-pressure environments both in Australia and overseas. He understands burnout and executive exhaustion so well because he's been there and those experiences inform his work with individuals and teams to develop sustainable and effective work practices.