

9.8.24

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Silence from work. Still working from home.

On

been tough. Had some dark days.

I've felt alone; despair through isolation.

Q why HR not been supportive. Not following procedure.

Some days I've been really angry + worked up. But able to bring myself back.

Don't believe I've done anything wrong.

Lack of fairness, engagement / struggle etc.

Feel Kicked to the curb.

Wrote to exec. + asked why it's not been followed up.

5 weeks ago. She's looking into that.

Friday heard HR person being terminated.

Suspect that's 2° it not been handled correctly.

Concern that the complainant shared office in head of HR.

" it's been compromised.

Home alone. Only interactions via Teams. Colleagues seeing my stress. Days I've lost motivation.

Days I've wanted to walk away. Not me.

1 don't feel the support

1 feel prejudice from the organisation.

Complaint has gone to global level, so I know it will be handled correctly.

Had some bad days; v. low; confusion around what I want + how to respond.

Confusion / concern around my reputation.

Comp My review - 92%. I was above co. av. in leadership scores.

Up + down.

Want to farm in school hols.

Walking BD to get away from computer.

I've been professional +

1 feel let down. Hard to give 110% when nothing coming back.

Solicitor says - do nothing, say nothing. He said they haven't followed procedure in giving 1st of allegations + not given regular feedback.

1 feel prejudice from get go.

Concern to have name associated.

I've performed at high levels.

2 weeks ago, my wife said she's unsure about future - having to tell her family + how that would work.

→ unsettling; impact is broader. Work doesn't understand how much the impact is; compounded my worries.

Mental anguish is carrying across. D. didn't sleep for 3 days.

That made me angry (in work)

New property - signed contract in builder. Plan is to move once that's built + transition to there. I can work out of Wyming. But if the job's not there, it's 5 things. Plan to work for 6 yrs.

Don't want to be in same office. How will I be protected in office if someone making unfair allegations.

Farm week to son - was good.

ILC reconnection outside of work. of RFS.

Felt I had too much on my plate to deal with.

Tinkering with Mustang.

Try the postponing worries, but keeps coming back.

angry in the org. let down. stresses me.

Swing from not caring to keep maintaining my standards.

I've & consume with my team - more better + deeper conversations; being there for colleagues. That helps. walks help.

Don't want to take anything more on.

Need to shut down things as felt carrying too much.

Trying to do more at home to help that connection + settle anxiety there.

Best action: to continue to be professional + not react.

⊕ go through in respectful manner without damaging reputation.

Saw G.P. she spoke about anti-Ds - but don't feel necessary.

I know I'll get through it; that it's a dark space but will get through.

Being structured helps a lot.

? release anger; rationalising.

Won't be able to make me redundant while complaint in

process.

as to go on new build; time at farm.