

Separated by Work

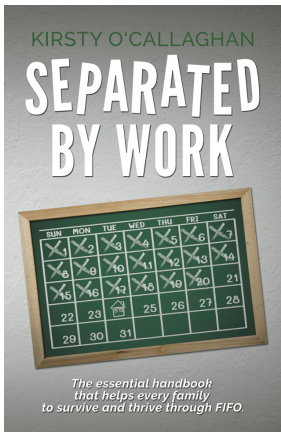
The essential handbook that helps every family to survive and thrive through FIFO

New book helps stressed out families deal with the Mining Booms and Bust

Latest estimates reveal an alarming percentage of workers in the mining industry, working in fly in fly out (FIFO), are the population most at risk of mental health issues and obesity.

Recent reports have highlighted that while the FIFO lifestyle might sound lucrative and glamorous, the stress and strain on families is real, with growing numbers of divorce rates and partners struggling to cope at home.

Helping organisations and families navigate their way through the minefield is Kirsty O'Callaghan, executive consultant and mentor turned author. Having coached and mentored families, individuals and organisations for over a decade, Kirsty put together her years of experience in supporting single workers and families to get the most out of their FIFO life and thrive because of it into a new book "Separated by Work." The result is a 280-page user friendly, all-inclusive handbook. Filled with real life stories from Kirsty's clients and proven strategies that work, the book is warm, encouraging and laced with gentle humour. And Kirsty should know - she has been a "FIFO" wife for seven years.



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For more information,
please contact Kirsty
on M 0402 889 648 or
P 07 3482 4295
kirsty@unitywords.com.au

Separated by Work
is available from
www.unitywords.com.au
and wherever good books
are sold.
Bulk copies are available
to organisations by
contacting Kirsty directly.

"I've been in a unique position over the last seven years of supporting clients and hearing their stories. Over and over the issues were the same. There was a common thread of uncertainty, change, judgment, and overwhelm through each FIFO story I heard. It became clear to me that letting my clients know they weren't alone was vital to normalising their experience. It was cathartic for me as well. I knew it wasn't just my family that was experiencing struggles and unexpected happenings, especially in the initial stages of FIFO life."

Families aren't the only ones benefiting from the wisdom - industry is recognising the value of this new book. Warren Leicester is an International Operations Manager at Downer EDI Mining and has raised a family through and due to FIFO. He said, "I can honestly say we could have stressed less and been happier sooner if we had access to some of the resources and had conversations mentioned in this book. This is an interactive instruction book based on real people and real experiences not just theory. It provides real tools on how to avoid or work through the challenges we all face with this lifestyle. As an employer in the field and a FIFO survivor, I can strongly recommend this excellent manual to anyone contemplating or in the middle of the FIFO experience."

Separated by Work gives readers the tools and encouragement they need to take back control, help themselves and each other through the toughest of times – and to be happier for choosing a FIFO lifestyle. Filled with practical tips from leaders in their field, and hands-on exercises for the whole family, Kirsty offers a rare insider's understanding to all aspects of this FIFO life.