



Separated by Work

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

- By Kirsty O'Callaghan

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*Advance praise for **Separated by Work***

“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. This is an interactive instruction book based on real people and real experiences not just theory that provides real tools on how to avoid or work thru the challenges we all face with this lifestyle. Having raised a family through and due to FIFO, 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 wonderful book.”

- **Warren Leicester, Operations Manager International Downer EDI Mining**

“Kirsty has combined theory, sound logic, intuition and experience to bring together an amazing resource. Written with honesty, humour and real actionable advice this guidebook is an essential resource in the FIFO toolkit. OHS and HR professionals, businesses, workplaces and families alike will find this book essential reading to not just survive FIFO but thrive.”

- **Louise D'Allura, Director The Revamp Experience**

“For anyone who is separated from their partner or family because of work, this book is for you. This is more than a book – it is a great resource to support and guide your family’s journey. Kirsty’s experience as a FIFO wife is invaluable for her firsthand experience gets to the nitty gritty issues of the situation. For anyone who wants to thrive in the FIFO lifestyle this is a must read book.”

- **Anna Cairo, Director Anna Cairo Consulting**

"You don't need to be in a FIFO relationship to get something from reading this book. It's a marriage saver."

- **Nicky, a long-term FIFO wife**