

Separated by Work

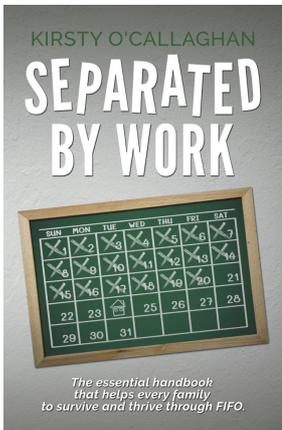
The essential handbook that helps every family to survive and thrive through FIFO

New book - shining a light for FIFO workers, families and companies

Latest estimates reveal an alarming percentage of workers in the resources 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. 2015 figures, released by ECU, state that FIFO workers suffer double the rate of depression compared to Australia's general population. There is also a growing number of divorce rates and partners are struggling to cope at home.

Helping organisations and families navigate their way through the minefield is Kirsty O'Callaghan - executive consultant, mentor and author. Having coached and mentored FIFO families, individuals and organisations for over a decade and hearing their calls for help, Kirsty put together her years of experience into a new book 'Separated by Work.' The result is a 280-page user friendly, all-inclusive handbook. It is filled with real life stories from her clients and proven strategies that work - and Kirsty should know, she has been a "FIFO" wife for seven years and offers a rare insiders understanding to this life.



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Bulk copies are available
to organisations - with or
without branded covers.

"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. An International Operations Manager at Downer EDI Mining who has raised a family through FIFO life over the last 20 years 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' is warm, encouraging and laced with gentle humour giving readers the tools and support 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. The book is filled with practical tips from leaders in their field, and hands-on exercises for the whole family.