



...e Bush Poets with  
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## NORTH LAKES

SHINING LIGHT  
ON FIFO LIFE

KIRSTY O'Callaghan, of Mango Hill, has been helping FIFO families and employers for a decade, and been a member of a FIFO family for seven years.

Many know FIFO stands for fly in-fly out workers from media coverage of the problems such workers and their families have faced, including marriage and relationship breakdowns, mental health issues and obesity.

FIFO consultant turned author Ms O'Callaghan, pictured, has penned a positive book, *Separated by Work*.



She described it as "the essential handbook that helps every family survive and thrive through FIFO".

"It became clear to me letting my clients know they weren't alone was vital to normalising their experience," Ms O'Callaghan said.

Ms O'Callaghan moved with her husband and three children to North Lakes in 2008, and then Mango Hill in 2012.

"A year after we moved here, my husband began his FIFO career, and we have been living the FIFO life ever since," Ms O'Callaghan said.

*Separated by Work* will be launched at The Corso, North Lakes, on March 10, at 6.30pm.

Email [admin@unitywords.com.au](mailto:admin@unitywords.com.au) for more details.

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what's on

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