

**From:** [Ruth Murdoch](#)  
**To:** [Committee, Education & Health Standing](#)  
**Subject:** Inquiry into mental health impacts of FIFO work arrangements  
**Date:** Tuesday, 28 October 2014 3:56:58 PM

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I have recently been made aware of the inquiry into mental illness in Fly-in Fly-out workers .

Our company works with hundreds of FIFO workers and their families to help them to manage the FIFO work patterns with lower levels of stress around their relationship and financial problems.

In the three years we have been working with FIFO families, we believe there are three things that contribute towards the mental health of the FIFO worker and these also affect their family.

The first is stress on their relationships, the second is financial stress, (which also contributes towards relationship problems), and the third factor is around a lack of future vision or purpose for their lives and a sense of not getting ahead, or being 'stuck' in the FIFO lifestyle.

We work with FIFO workers and their family on the management systems and mindset around money and how this affects a relationship and future outcomes, particularly when there is difficulty communicating around the subject of money. We teach effective strategies for happier relationships and improving intimacy levels for FIFO couples. We coach FIFO families on having a distinct plan and goals for their time working FIFO which gives a stronger sense of purpose, satisfaction and emotional stability.

I would be grateful for the opportunity to provide a submission on what we believe are significant contributors of mental health issues affecting the FIFO workers and their families.

Here's a background bio about me:

**Ruth Murdoch** is the director and founder of Acorn Life Path Pty Ltd. She holds a Masters in NLP (Neuro Linguistic Programming), as well as nationally and internationally recognised Life Coach qualifications, and graduated from Auckland University with a Post Graduate Diploma in Business Administration. Ruth realised her skills, passion for helping people, and her own life story were ideally suited to helping FIFO families learn how to “*Live for Today While Planning for Tomorrow*”.

Thank you for taking the time to read this email and for your consideration towards a submission.

Kind Regards

*Ruth Murdoch*

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