

# MATES TOOLBOX TIPS GOING BACK TO WORK



## BACK TO WORK WITH MATES, FIELD OFFICER TIPS

Heading back to work can be a challenging adjustment. There will be some who had an enjoyable and restful break, while others might be looking forward to getting back to work.

We spoke with some of our Field Officers about getting the boots back on.



### TAKE TIME TO CATCH UP

Ronald said when he returns he won't be talking about work. At least not straight away. He'll be connecting with his colleagues and workers on site about their break.

**“check on the bros and the sis, and how their holiday went, how did it actually go.”**

Take the time to catch-up before cracking into your mahi.

### SETTING EXPECTATIONS

We caught up with James about what he calls the post-holiday blues. Try not to expect too much of yourself on your return. James intends to set reasonable expectations by writing a plan for his first week.

**“run a plan for the first week, how can I get back up to speed so I'm not running back into the thick of it”**

Take some time upon your return to ease your way in.

### DON'T PUT TOO MUCH PRESSURE ON YOURSELF

Jared spoke about enjoying the little things like putting the uniform back on. Taking a break and appreciating the people we work with is a great way to remind ourselves that there are many reasons to come to work - to connect with the team and be a part of projects that are bigger than ourselves.

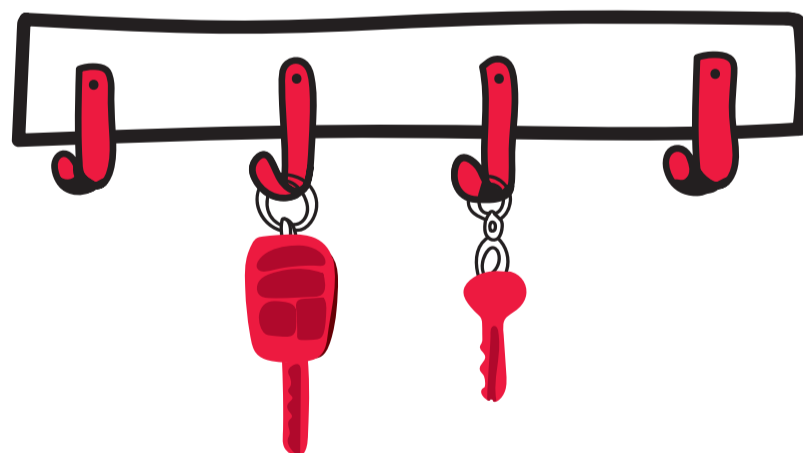
**“it's going to take a few days or few weeks before I get back to the 100% mark.”**

There can be pressure when we return to work. Be kind to yourselves and our colleagues as we get back up to speed.

### SAFETY IS IMPORTANT

Nate gave some advice based on some common concerns he's heard from sites about going on leave and returning to work and how safety is sometimes missed.

**“It's easy to get complacent when your minds are distracted, especially going into or coming out of the holidays.”**



### PLAN THE YEAR AHEAD

Catching up with Steve, he reminded us that it is important to offer your Mates the space to talk about their breaks. A good tip for this time of the year, while you're confronted with the post-holiday blues, is to plan the year ahead and even your next holiday.

**“all of a sudden, back to mahi, but also, make time to plan your next holiday.”**

Give yourself something to work towards and something to look forward to.