

Free to BHP NICKELWEST Employees!

Fly-In-Fly-Out (FIFO) Support Program

Our Vision

At PRIMEXL we aim to be the partner of choice in the creation of better organisations and better lives.

Our Values

We value:

- Meaningful relationships
- Premium quality services
- Innovation – we are always looking for ways to add more value to our clients
- Accountability for our performance

For more information about our suite of solutions, please contact:

PRIMEXL

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Assisting employees and their partners in minimising the impact of the fly-in fly-out lifestyle on their relationship, and maximising the positive aspects of being in a FIFO relationship.

“ I learnt some new strategies and it allowed us to talk more openly about our relationship”

FIFO Support Program participant, 2009

Research on FIFO workers and their partners has shown that effective family support is crucial for a worker's well-being and for good family functioning. However the nature and pressures of FIFO work can make such support difficult to develop and to sustain. This creates stress for families of FIFO workers. Furthermore, family concerns can impact on the ability of workers to concentrate at work and perform effectively on the job.

PRIMEXL offers a training program aimed at improving support for FIFO employees and their partners in WA.

What does the program cover?

1. Providing an understanding of the impact of the fly-in fly-out lifestyle on relationships, including factors such as fatigue, stress and family functioning
2. Developing a better understanding of you and your partner
3. Learning when and where to fight fair
4. Getting the most out of your time together
5. How to manage conflict and stress when you're physically apart
6. Developing practical strategies to resolve problems when you and your partner have different expectations

Safety

PRIMEXL

Excelling People. Excelling Organisations.

The program consists of 3 x 2 hour sessions scheduled either on Monday or Friday

MONDAY 6pm-8pm	FRIDAY 10am-12pm
OPTION 1 1 st March 2010 15 th March 2010 29 th March 2010	OPTION 2 5 th March 2010 19 th March 2010 2 nd April 2010
OPTION 3 8 th March 2010 22 nd March 2010 5 th April 2010	OPTION 4 12 th March 2010 26 th March 2010 9 th April 2010

LOCATION 461 Scarborough Beach Road, Osborne Park, WA

“...a relaxed and informative environment”
FIFO Support Program Participant, 2009

Investment \$1080