



HOW TO RETURN TO WORK AFTER A MAJOR ILLNESS

In the previous issue of CQ®, we looked at how to return to work after a mental health diagnosis. There are also issues to address when we return to work following a major illness (whether that illness is of a temporary or permanent nature). We may have ongoing physical pain to address. We may tire quickly or we may no longer be able to work as hard as we previously had. This issue of CQ® provides six tips to help you return to work, following a major illness.



Tip 1: Discuss Your Role: Take the time to discuss your role going forward with your superiors. Your discussions will focus on any physical limitations you might now have and how your role can be amended to accommodate your new limitations.

Tip 2: Keep Yourself Informed: Once you have had a chat with your superiors, it is time to catch up on major projects and/or clients that you had been involved in prior to your illness. This may involve a number of discussions with colleagues on the duties that they assumed in your absence, which duties they might want to retain and how you can progressively resume your duties over time.

Tip 3: Keep Your Superiors Informed: Let your superiors know whether or not the discussed modifications to your role are working. If they are not working well for you, you may need to engage in further discussions with your supervisors in order to further refine those modifications until such time as they are working for you.

Tip 4: Work Within Your Energy Constraints: Your medical professional might be willing for you to return to work part time with a view to gradually extending your workload until you are able to resume full time work. While it might be tempting to take on more than you can handle, it is in your long-term interests to work within the constraints of your current energy levels. You will also find that your health returns faster by taking it a little easier at work to begin with.

OUR MISSION

To provide a professional service, using best practices.

OUR MOTTO

- Be Proactive.
- Take Charge of Your Career.
- Look After Your Health.

PPP*: \$330 per calendar year.

SEMINARS OF THE FUTURE*: \$330 per calendar year.

We are bringing our newsletters to the electronic age. Please email us if you would like to receive CQ® and HQ® electronically. We also welcome your opinions, comments, thoughts, reflections and feedback on this and future issues of both newsletters.

You can book your place in one or more of our programs by completing the application form (see accompanying HQ®) or by downloading the application form from our website.

HOW TO RETURN TO WORK FOLLOWING ... cont'd

Tip 5: Don't Sweat the Small Stuff: Your colleagues might not want to return all your duties to you. They might also want to give you some of their unwanted duties. This might leave you feeling undervalued or underappreciated. While such changes may not be ideal for you, they will help achieve a more harmonious workplace, which in turn, will help facilitate your return to work following that major illness.

Tip 6: Take Care of You: Your medical professional may have asked you to make certain changes in your life so as to reduce the prospects of the major illness returning once again. This may include losing weight, dietary changes and quitting smoking.

Be sure to follow the advice of your health care professional. If you find it difficult to follow the advice of your health care professional, come and see us. At the end of the day, you are entitled to continue enjoying a productive and intellectually stimulating career. In good health.

So, what are you doing to take care of yourself and return to work after a major illness today?

CONSULTING HOURS

Dr. Abramson is available for consultation on Sundays to Thursdays, 10.00 a.m. to 6.00 p.m. Her colleagues are available by appointment.

We are open every day except 1st January, Good Friday and 25th December each year.

LIBRARY HOUR

The **RACHEL ABRAMSON & ASSOCIATES** library is open following our **SEMINARS OF THE FUTURE**[®] and **pPP**[®] seminars. It is also open by appointment.

DIARY DATES FOR 2017

The **pPP**[®] is a series of 10 two-hour seminars on how to set up, run and grow a small business. The **pPP**[®] seminars are offered on the third Monday of every month, 5.45 - 8.00 p.m. Topics are:

July Setting Up Your Business: What You Need to Know

August: Handling the Paperwork, including the GST
Sept: Processes and Procedures that Work
Oct: Determining Your Price and Fee Setting
Nov: Budgets and Cash Flows
Dec: Marketing Your Business: Your Product
Mar: Marketing Your Business: Promotion Strategies that Work
Apr: Marketing Your Business: Getting Your Image Right
May: Marketing Your Business: Alternate Places for Your Product
June: Marketing Your Business: Databases for Your Business
Plus: Graduation Ceremony. BYO hat.

Fees are \$33 per seminar.

The 2017 **SEMINARS OF THE FUTURE**[®] combines principles from neuroscience and the power of the subconscious to develop your career. As in previous years, you can mix and match the three days, according to your diary. Fees are \$110 per day.

Day 1: 2nd July or 12th November
10.00 Welcome to Your Career Brain
11.15 The Triune Brain, Amygdala and more
02.00 What the Power of the Subconscious has to Offer Your Career
03.15 Implications for Your Career Development

Day 2: 9th July or 19th November
10.00 Rewiring Your Career from the Inside
11.15 Your Boss is not a Hungry Tiger
02.00 It First Happens in the Mind, So, If You Think You Can...
03.15 How to Make the Novel Work For You

Day 3: 16th July or 26th November
10.00 Rewiring Your Career from the Outside
11.15 Are You Showing Your Age, Gender, Religion, Race ...
02.00 Rewiring Bosses, Colleagues, Stakeholders Clients and more
03.15 Five Tips from Neuroscience and the Power of the Subconscious to Take Charge of Your Career Brain's Trajectory

Further information about any of these activities can be obtained by visiting our website. You can also ring or email Dr. Abramson during normal business hours. Emails are normally responded to within 48 hours.

To book into our seminars, workshops, courses or talks, please visit our Eventbrite page at:

www.eventbrite.com.au/o/rachel-abramson-amp-associates