



Let's Talk Shift

The Preparation and Support Programme^{©*}

is a unique health and well-being programme that takes an integrated and holistic approach to address the health of shift workers. It facilitates shift workers in taking ownership for developing personalised strategies for dealing with the physical, psychological and social challenges of shift-work. It enables shift workers to equip themselves with the knowledge of what signals to watch out for to allow a timely response on their part in seeking the help needed. This programme is supported by an [online psychometric assessment](#) of '[Shift Tolerance](#)' which identifies those at risk of adverse adjustment to shift work.

- Group and Individual Training and Support Programmes
- Individual coaching support
- Guide and Workbook – Occupational Pack
- Complete Let's Talk Shift Health Pack –
Guide, Workbook, Melatonin Glasses, Sleep Eye mask



PSYCHOLOGIC

Let's Talk Shift - The Preparation and Support Guide (Patent Pending)

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Who is this Programme for?

This programme is aimed as a preparation programme for those taking up shift work run in conjunction with a formal organisation Induction Programme or for those who are seasoned shift workers who need a structured health support.

Where did this programme originate?

This programme and online assessment was developed by Occupational Psychologist, Angela Coholan who specializes in psychological intervention and assessment in the Pharmaceutical and Medical Instrumentation industries for over 25 years.

What is covered in the Programme?

1. An Integrated Approach to Self -Preparation and Self - Support
2. The Physical, Psychological and Social Challenges
3. Social Impact
4. Naturalising your Circadian Rhythm to your Shift Pattern
5. Sleep and its Role
6. The Healthy Shift-worker Diet
7. Colleague's advice on adjusting to shift-work

What happens if this Programme identifies someone who requires the help of a medical professional?

Through a partnership with Cognate Health this programme can provide timely access to specialised health services if so required. Such referrals are arranged following sanction by relevant stakeholders.

Who can run this Programme?

This Programme can be run by anyone who has been trained and Certified by PSYCHOLOGIC as competent in running the Programme. We also have a team of certified consultants all of whom have more than 20 years of relevant experience.

Are you interested in learning more about this Programme?

If you would like to know more about this programme please contact one of our Team members at [PSYCHOLOGIC](#) and we would be happy to discuss this offering in more detail with you. Queries please to info@psychologic.ie or via phone Patrick, Office Manager - [087 2385970](tel:0872385970).



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