

“

It's impossible to
seperate life's ups and
downs from work.
As humans, we can't
turn our emotions off
when we please.

”



Sarah

Distribution Centre Manager



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Ask

RUOK?
inTrucks&Sheds

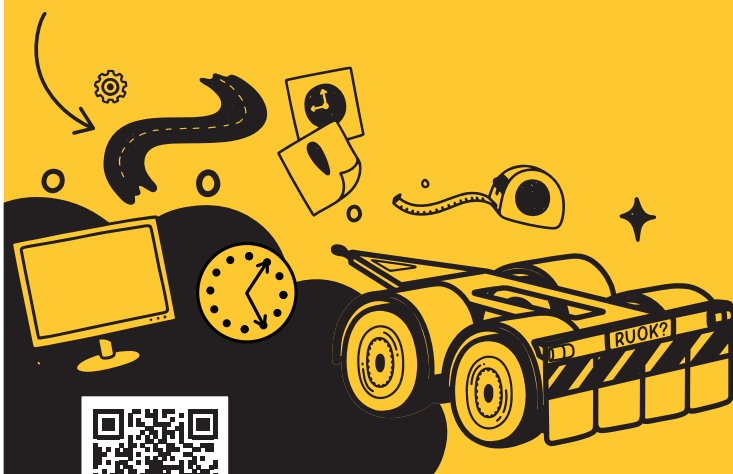
No qualifications needed



The number one thing
managers and colleagues
should do – **take the
time to get to know
one another.**

Sarah

Distribution Centre Manager



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Ask

RUOK?[®]
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No qualifications needed



“
Asking ‘are you OK?’
may end up changing
or saving a life.
”

Sarah

Distribution Centre Manager



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Ask

RUOK?
inTrucks&Sheds

No qualifications needed