

“

**When someone feels genuinely seen and heard, it creates psychological safety, and strong performance often follows – not because of pressure, but because of trust.**

”



**Phil**

Logistics Operations Manager



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Ask  
**RUOK?**  **ANY DAY**  
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“ Mental health  
is no different to  
vehicle maintenance.

**Regular, meaningful  
check-ins are preventative  
maintenance for the mind.**  
They help identify concerns  
early on, and reduce the  
risk of breakdowns.



”  
**Phil**

Logistics Operations Manager



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“  
Strength isn't  
staying silent and  
pushing through the pain,  
it's having the courage to  
speak up, face it head-on,  
and fight your way back.  
”

**Phil**

Logistics Operations Manager



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