

The 4 stops for a conversation:

1. ASK R U OK?

2. LISTEN

3. ACTION

4. CHECK IN

A chat can transform a workmate's journey.

20 April 2017
Rail R U OK? Day

RUOK?TM



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**THANK
YOU FOR
HELPING
ME GET
FROM
HERE**

STRESSED

TO HERE

SUPPORTED

**A chat can
transform a
workmate's
journey.**

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