



BACK TO WORK; MY PERSONAL STORY AND ADVICE

VIDEO TRANSCRIPT

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What's it like traveling when you have kids? The boys I know they definitely miss me and my very understanding other half is putting in all the night shifts.

You have to trust the people in your life to look after them. Craig is doing a fantastic job, nursery are doing really well by the boys as well and my mum and dad have come down for this second week just to help out.

Technology definitely makes it a bit easier. Sometimes it complicates matters as well. Sometimes you have to question whether you're skyping them or whether you're trying to talk to them for you or for them. I miss them and I worry they won't know who I am when I get home or they'll be cross but I know things get go back to normal pretty quickly.

You've got to have a good idea of what you're not willing to compromise on. On Sunday it's Digby's first birthday so I'm flying back tomorrow night, land Saturday afternoon and I'm gonna spend Digby's birthday with him. And I wouldn't have missed it for the world.

Looking at the positives of traveling for your job I feel but a lot more focused and closer to the local team I also think I really benefit as a mum having time for myself. I rarely put myself first and I know it's important to prioritize myself.

But having this time and actually recharging and being able to sleep being able to do some exercise has been great.

My son his favorite cartoon has got a kangaroo in it I like the idea that as he grows up he will know that his mum was out working and traveling the world and she was the one meeting a kangaroo or flying around making a difference I really like that and I really like that thought of him knowing that as he grows older.