



## SUMMER 2016 NEWSLETTER



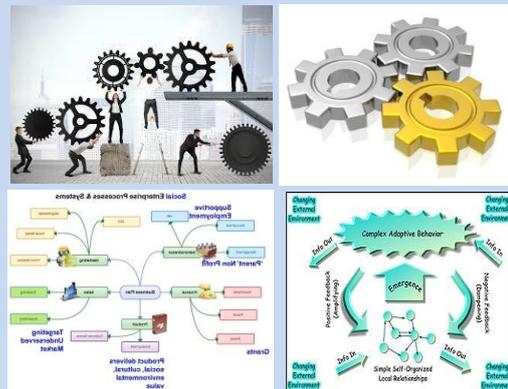
Welcome to the summer newsletter for AHS. Wow, hasn't this year flown by quickly! My journey has continued this year, and in addition to my private practice & further studies in Human Factors, I have also commenced as an Assistant Professor at Bond University. I am thrilled to be part of the inaugural teaching team for the Master of Occupational Therapy program. It's such a thrill to be surrounded by positive and motivated people – staff and students alike!

As the year comes to a close, I continue my focus on Human Factors – the all-encompassing Human Factors. As I reflect on my studies and work - both as an Occupational Therapist and a Leader & Manager, I realise how integral the science of Human Factors is to every role I have had. As the world changes and the jobs we do also change, there is one constant – people. Understanding and working with people is a skill, and there is a science behind it.

### Systems – we're a part of them

When I say 'system', I am meaning a dynamic interaction between people, equipment, the environment, and activities or tasks. There are numerous models out there to describe these socio-technical models, but ultimately what is important is that they are constantly changing and hopefully evolving. You can use this same theory to describe your household and how it functions; as well as your workplace, community, or country. Each of these systems include rules (written or understood), processes or procedures, an underlying culture, social

interactions, and tasks or activities. To ensure evolution and improvement, there are periods of planning, implementation, evaluation and review – the more mature and complex the system, the more comprehensive this will be. Regardless of all of this, one thing you will notice about any system is the *connectedness*. Without this, it is not a system – just a group of parts. If you google images for the word 'system', the majority come up with diagrams that have connecting parts, or interlinked wheel cogs.....



Courtesy of:

[https://www.google.com.au/search?q=systems&biw=1320&bih=697&source=lnms&tbn=isch&sa=X&ved=0ahUKEwin-arwv6zQAHWGopQKHdPTA84Q\\_AUIBiqB](https://www.google.com.au/search?q=systems&biw=1320&bih=697&source=lnms&tbn=isch&sa=X&ved=0ahUKEwin-arwv6zQAHWGopQKHdPTA84Q_AUIBiqB)

So, my question to you is, if you are looking to make changes and improvements in your business or your life, are you looking at the 'system' or only isolated parts?



**Wishing you all a safe and happy festive season! Merry Christmas and a happy New Year!**