
Chronic + Persistent Pain at work

Richmond Stace 

The Pain Coach | Specialist Pain Physio



what is pain?

Pain is...

real

only available now

happening for you (not to you)

embodied

a message

impermanent

Pain isn't...

in the head

in the brain

a process

a monolithic frozen obstacle

created where you feel it

permanent

Pain + Work

Thoughts?

Reasons to work

Purpose

Values



Work Practices + Self Care

Relationships at Work



Experiencing Pain at Work

Skills at Work

**Work to Improve
Life
& Transform Pain**

Beliefs.

The invisible force.

Beliefs about pain.

Beliefs about “self”.

Beliefs about work.

Final thoughts?



Contact & Follow Me

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Conversations that Matter



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