



Lifestyle changes seen at work and at home

Barmco Mana Partnership offers consulting expertise in projects, commercial buildings, specialised engineering services and related activities within the property and construction industry in the ACT and surrounding region.

SILVER

Seven staff

Proactively participating in the Healthier Work program has paid off for the small team at Barmco Mana Partnership.

“Promoting a happy, healthy office environment has a positive effect on staff wellbeing and productivity,” says Leah Wheelhouse, Business Development Manager at Barmco Mana Partnership. “We’ve seen the entire team take on changes, which is reflected in the day-to-day office operations as well as some lifestyle adjustments at home.”

The team used their first year of planning to explore and introduce new methods for being a healthier workplace. Now in their second year, they are maintaining the activities that worked well, while continually refining them to meet staff needs.

“The delivery of a fruit basket to the office worked well last year, so it’s also part of this year’s plan,” says Leah. “Each year we encourage staff to enter a couple of fun runs – this year it’s the 5km Miss Muddy and the Proximity Team Triathlon Challenge.”

Around the office, changes in behaviour have been noticed, with more stand-up or walking meetings, standing up while on the phone, and registrations with OzHelp for health tune-ups.

The events put on for Healthier Work Champions and Recognised businesses have also been really valuable for boosting staff motivation levels.

“The Healthier Work team put on some great events through the year,” explains Leah. “We have been to the networking lunches to see what has worked for other companies.”

Leah says they also enjoyed the various challenges posed by Healthier Work including the Hula Hoop Challenge, Squat Challenge and the 8-week Active Workplace Challenge.

“We have a fantastic team and want to ensure that we look after them by providing a healthy work environment and information to help achieve a healthier lifestyle both in the office and at home,” says Leah.

