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HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017-18



SUPPORTING THE COMMUNITY AND EACH OTHER

Bradley Allen Love Lawyers – 75 staff

Bradley Allen Love Lawyers is a law firm that prides itself on its lawyers being not only talented and innovative but capable of going beyond the traditional legal role of reactive adviser to working as an extension of their clients' businesses.

There are many benefits of reaching third year Gold Status, such as a more refined process for forming and implementing a health and wellbeing plan.

Bradley Allen Love Lawyers use regular staff surveys and a suggestion box to gauge interest, then include a variety of activities – combining existing and new initiatives each year. It's a technique that works, and it has become an embedded part of the team's culture.

"We are a firm of many shapes, sizes and interests," says CEO Cecilia Blewitt. "With this in mind, each year we grow our plan to add new inclusive initiatives such as salad club and crochet club and include the promotion of stress management techniques, including bringing mindfulness practices into the workplace."

Their comprehensive plan covers physical activity, healthy eating, social and emotional wellbeing, and reducing alcohol consumption.

"Our well-established PT program, delivered twice a week by a qualified trainer cost-free to our staff, is the cornerstone of our plan," says Cecilia. "We balance this with initiatives such as the nutrition seminar that we held as part of Smart Eating Week in February, presented by an accredited practising dietitian. The seminar covered how to incorporate healthy food choices into daily life in nine simple steps. It also had a focus on practical healthy eating tips as well as busting common food myths."

Linking some of their social and team bonding activities to a charity has ensured the team are connecting with the broader community, while still fostering greater staff interaction that goes beyond the tea room.

"For each 12-month period, we choose a charity and all our fundraisers for the year go towards helping them," explains Cecilia. "For 2018, our charity partner is Hands Across Canberra, who provide funding and services to other charities across Canberra, directing resources where they are needed most."

"Having a charity partner brings out the best in our employees and allows them to feel good about the work they are doing."

