



ACT  
Government

healthier  
work

# HELPING PEOPLE AND BUSINESS THRIVE

CASE STUDIES 2017-18



## HEALTHIER WORK, HEALTHIER LIFE

### *Early Childhood Australia – 60 staff*

*Early Childhood Australia (ECA) is the national peak body for early childhood, acting in the interests of young children, their families and those in the early childhood field. ECA advocates to ensure quality, social justice and equity in all issues relating to the education and care of children aged birth to eight years.*

Now into their third year – and gold status – the ECA team has seen a shift in staff behaviour when it comes to health and wellbeing.

“Staff engagement is noticeably higher and we see active change in staff doing wellbeing activities outside of the activities the WHS Committee plan,” says Abra Pressler from ECA.

Their plan includes a variety of inclusive initiatives across physical health, nutrition and emotional wellbeing.

“Last year, the office did Steptember, a 10,000-step challenge,” says Abra. “We also have a dedicated morning tea each Friday where we share food and take time to unwind from the week.”

Based on staff feedback, the team also actively supports their local community through fundraising efforts – even recently inviting neighbouring businesses to share in a healthy barbecue lunch. Plus ECA encourages walking meetings, fresh fruit in the office and they have introduced seated massage.

“We’ve been working with a local massage therapy clinic and have organised free 15-minute massages for employees to reduce the strain and other injuries, and indulge a little during work hours!” says Abra.

With some staff located interstate, they work creatively to engage everyone in both planning and in the activities. They use a workplace messaging system and videoconferencing to help bridge the gap and keep everyone united.

ECA’s commitment to workplace health is highly valued by the team.

“We know that when we value employees and what’s important to them, we see that reflected back into productivity and a better work-life balance,” explains Abra.

