



INVENTIVE ACTIVITIES TO MOTIVATE

Barmco Mana McMurray – eight staff

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

A drive to keep their team healthy and motivated, both at work and at home, has kept Barmco Mana McMurray engaged in health and wellbeing activities for three years – earning them gold status with Healthier Work.

The team continually finds inventive and interesting ways to work together in a healthier way.

“We now do more stand-up or walking meetings,” says Leah Wheelhouse, Business Development Manager at Barmco Mana McMurray. “We’ve even had a couple of meetings on long skate boards!”

While this approach could make note-taking tricky, it’s about trying a variety of activities to find what works well. Mixing new, fun activities with the tried and tested methods is what helps Leah to create each annual health and wellbeing plan for the Barmco Mana McMurray team.

“We used our first two years to explore and introduce new methods for being a healthier workplace,” says Leah. “We’re continuing with the fruit basket delivery, fun runs and triathlons.”

They also introduced an indoor rock climbing Christmas party and a bubble soccer match to get everyone active while having a great time.

“We’ve seen the entire team take on changes and it has had a positive effect on staff wellbeing and productivity,” says Leah.

As the Healthier Work Champion, Leah benefits from surges in motivation and inspiration by seeing what other businesses do to stay happy and healthy.

“The Healthier Work team put on some great events throughout the year,” explains Leah. “It’s really valuable for boosting staff motivation levels.”

