



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

SILVER

A COMMON PURPOSE IMPROVES COMRADERY

Canberra Labor Club Group – 150 staff

With more than 60,000 members across four Canberra venues, Canberra Labor Club Group provides great dining options in a relaxed and stylish club atmosphere.

Even with staff working across four venues on rotating rosters, the team at Canberra Labor Club Group has created two successful health and wellbeing plans. In that time, they have noticed the shift in attitude of staff members to embracing a healthy mindset.

“Everyone now talks about our ‘Healthy Minds and Healthy Bodies’ initiatives,” says Lynda Bailey, HR Manager. “Staff morale has improved as people connect with each other when participating in activities.”

Organising physical activities and linking initiatives to charity events attracts the most interest from staff, drawing on their personal interests and passions.

“We have a fantastic group of people who really enjoy connecting with the wider community and giving back,” says Lynda. “We participated in Steptember and the DonatLife Walk.”

Their plan also includes distributing healthy recipes via email, and encouraging staff to join the corporate gym program. Some of the team even went on a ski trip to Thredbo.

While it can be difficult to find dates to suit the majority of staff, persistence, communication and offering a variety of options, tends to work for the Canberra Labor Club Group.

“The teamwork and comradery that is created when working together for a common purpose has been invaluable,” explains Lynda. “We have a very close-knit team at all four venues and this has improved with the introduction of the Healthier Work program.”

