



REFINE ACTIVITIES EACH YEAR TO SUIT

Canberra Prosthodontics – 13 staff

Canberra Prosthodontics is a specialist dental practice focused on restorative dentistry.

Making time to put staff health and wellbeing first is a challenge for all workplaces, and that's where a plan of activities helps to make it a priority.

"We already did small things here and there, but this program was a good opportunity to expand on that and improve our workplace," says Katie Wilkinson, the team's Healthier Work Champion.

Katie found their first year a time to test what would work for the busy team.

"In our first year, I feel that we did a little of everything with each activity being reasonably well received by most staff," says Katie. "Heading into our second year we had a better idea of what we wanted to do."

Often the first year of implementing a health and wellbeing plan involves trial and error, as well as ongoing discussion with staff about what interests them personally.

Now they're in their second year with Silver Status recognition and exploring practical initiatives to suit their team.

They have set up a ping-pong championship, trialled 'meat-free Mondays' and a 10,000 step challenge. This year they're looking to purchase some sports equipment for the office, run weekly yoga classes, and participate in Dry July.

"The challenge is finding time to hold events, activities and training," says Katie. "It makes a difference to get staff on board early."

