



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

GOLD

## PERSONAL AND PROFESSIONAL BENEFITS

### *Capital Chemist Wanniasa – 22 staff*

*Capital Chemist Wanniasa has served the Canberra community since 1978. They strive to be the pharmacist experts of extended hours' healthcare in the south of Canberra.*

Now into their third year embedding a health and wellbeing plan in the workplace, Capital Chemist Wanniasa still reaps the benefits of a happier and more productive team.

"The healthier workplace initiative creates a great environment for our team to bond," says Natasha Jovanoska from Capital Chemist Wanniasa. "As a result, we are better equipped to serve our community."

Their approach to team bonding always considers the core elements of their plan: responsible consumption of alcohol, social and emotional wellbeing, physical activity, and healthy eating.

"Our ski trip in winter was focused on increasing physical activity, and we've created a mindfulness wall for 'Mindful in May'," says Natasha.

The team also introduced an alcohol-free Christmas party and they have music months where staff play songs at work that they find uplifting.

These simple ideas are really effective at improving staff morale and a sense of team spirit. This ultimately improves work productivity and enjoyment within the workplace.

"Staff morale has been boosted in previous years and we hope this continues," says Natasha. "There are so many benefits to being a healthier workplace, both professionally and personally."

