



BUILDING ON SUCCESSES

OPC IT Pty Ltd – 30 staff

OPC IT Pty Ltd was established in Canberra in 1985. They deliver practical and workable IT, Cloud and Drupal web solutions to suit all needs and budgets. They are a true end-to-end technology provider.

Time spent at work makes up a significant portion of most of our lives, and the team at OPC IT is committed to making their time at work as healthy as possible.

“Given that we spend so many hours each day at work, we wanted to ensure that we were doing as much as we possibly could to educate, motivate and stimulate our team in regards to their whole health,” says Kerri McPhee, Sales Administrator at OPC IT.

Now into their second year of their health and wellbeing plan, they’ve learnt a few things along the way.

“We can’t get every person interested in everything every time,” says Kerri. “As long as a few people take part we are happy and this generally leads to others joining in. We’re happy with small successes and we continually build on those.”

Some of their more successful initiatives include sit/stand furniture, meditation sessions, walking at lunchtime and their ‘soup group’. Their breakout area is also actively used every day.

“People play Uno, plus there are colouring books, puzzles and other games to help de-stress,” says Kerri. “Our industry is very sedentary and many hours are spent at workstations, so anything that provides a break from the computer is well attended.”

The team plans regular team building nights, such as barefoot bowls and go-karting, plus they support a number of charities to encourage social wellbeing.

“We try to align events with the company’s supported charities,” explains Kerri.

The investment in their holistic approach to good health is making a difference.

“People seem to be appreciative of the efforts and commitment we make in trying to provide a fun and productive work environment,” says Kerri. “It creates comradery and makes people feel cared about.”

