



STAFF INPUT ENSURES SUCCESS

Office of Parliamentary Counsel – 100 staff

The Office of Parliamentary Counsel is a Commonwealth Government agency delivering legislative drafting and advisory services for Bills and subordinate legislation, preparing compilations of laws, and publishing laws and instruments on the Federal Register of Legislation website.

To create their first health and wellbeing plan, staff of the Office of Parliamentary Counsel (OPC) were surveyed anonymously to gauge their interest in a comprehensive list of health initiatives.

“We received a 70 per cent response rate from staff, including many suggestions and comments,” says Susan Roberts, General Manager and Chief Finance Officer. “Based on those results, we put together the plan and finalised it through further staff consultation.”

The initial consultation is paying off, with staff engaged and supportive of the planned activities. The most popular initiative has been the introduction of healthier snack options through the social club.

“After the success of our healthier snacks trial, these options are now a permanent offering,” says Susan.

The team has participated in the DonateLife Walk, held a healthy cooking demonstration with Nutrition Australia ACT, and enjoyed a dynamic presentation from an exercise physiologist.

“The mental health first aid and resilience/mindfulness training sessions were also well received, with very good presenters and content we can easily put into practice,” says Susan.

Learnings from their first year will help OPC refine their plan for next year, but Susan has been thrilled with the results already.

“Getting started is quite easy if you use the Healthier Work resources and talk to other workplace champions,” Susan explains. “It hasn’t been a challenge to promote to staff as we had senior management support and shared the organising around our newly formed health and wellbeing group.”

