



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

SILVER

GETTING ON BOARD FOR A BETTER LIFE

Synergy Group – 150 staff

Synergy Group is one of Canberra's fastest growing accounting and consulting firms, serving the federal and territory governments and commercial clients. They adopt a modern, inclusive and agile approach to their work.

Synergy Group has watched the enthusiasm continue to gain momentum since they started their second 12-month health and wellbeing plan.

"This year we have even more on than last year!" says Phil Toole, Executive Director of Synergy Group. "There are a number of initiatives that rolled over from our first year, while this year we've also added support for a Synergy netball team, cook book and a Whole Life Challenge."

The concept of a Whole Life Challenge is generating quite a buzz, with about 60 staff signing up and committing to changing their behaviours for the better.

"Individuals will be able to record their results online or in an app, with the ability to keep each other motivated through ongoing comments or reflections," explains Phil.

The team are also involved in the Mont 24 Hour Race and attend beyondblue presentations on emotional wellbeing.

Overall, it's Synergy's focus on creating an inclusive culture that fit so perfectly with the philosophy offered by Healthier Work.

"We are continually looking for ways to ensure that our team are engaged, happy and healthy," says Phil. "The healthy workplace framework allows us to focus on wellbeing and have some fun."

"A healthier workplace provides the opportunity for our team to come together in a social environment and build deeper relationships. We've also seen positive healthy changes in our culture."

