



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

STAFF ENGAGEMENT THE BIGGEST WIN

Tailored Accounts – 15 staff

Tailored Accounts provides innovative one-stop-shop accounting solutions for Australian businesses to grow.

Tailored Accounts has found the value of promoting and achieving a healthier workplace goes well beyond the fundamental exercise and healthy eating philosophy.

“Having a healthier workplace promotes staff engagement, which increases conversations among staff, which leads to a good work environment,” says Fuzuki Nishimura, Chief Technical Officer for Tailored Accounts.

At the core of it, everyone knows the importance of being healthy, so when a workplace puts a plan in place to help people achieve their goals, it reflects well on the business and brings people together with another core purpose.

“Our staff agreed with our Healthier Work changes without hesitation,” says Fuzuki. “It has brought us a lot of benefits.”

Tailored Accounts started their health and wellbeing plan after attending a Canberra Business Chamber event.

“We initially thought we weren’t doing too bad, but the event made us realise that we weren’t as healthy as we could be,” explains Fuzuki.

They started off by removing all unhealthy snacks from the office and replacing them with fruit.

“We now find that when staff have a chat around the lunch table, they tend to have fruit rather than snacks,” says Fuzuki.

They also created a ‘book corner’ to encourage breaks, tried walking meetings, and they’re providing information to staff about reducing their alcohol usage.

“Staff engagement has been the biggest factor for us, and our staff take less sick leave than before,” says Fuzuki.

