



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2016-17

SILVER

## CONTINUAL REFINEMENT BASED ON FEEDBACK

### *UNSW Canberra – 400+ staff*

*UNSW Canberra is the only national academic institution with an integrated defence focus. Its strength is in defence-related security and engineering research. UNSW Canberra prides itself on its five research centres and unique state of the art facilities for its students.*

Regularly checking in with staff has helped UNSW Canberra refine and promote their second year health and wellbeing plan.

"We saw significant improvement in staff engagement and social interaction with the activities last year," says Suzanna Holmes, UNSW Canberra's Manager for Health, Safety and Facilities. "We had reports of increased physical health awareness among staff.

"Based on formal surveys and staff discussions, as well as the general response to the activities, we're changing our focus to more mental/emotional health activities this year."

This year the university will conduct Mental Health First Aid, emotional wellbeing seminars, staff health checks and linking morning teas to charity causes.

The successful initiatives from last year will also continue, including yoga and a walking challenge.

"We're constantly looking out for different activities to promote and we recommend getting a feel for what the faculty would engage in before organising any activity," says Suzanna.

"A great investment for a workplace is in the health and wellbeing of its employees. We have really enjoyed being recognised by Healthier Work and will continue to strive towards the betterment of our initiatives as we broaden the scope of our plan."

