



ACT
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HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2016-17

RECOGNISED

SELF-CARE FOR BODY AND MIND

Woden Community Service – 350 staff

Woden Community Service is a not-for-profit organisation that has been providing a wide range of community services in Canberra for over 45 years.

When Woden Community Service commenced their health and wellbeing plan, they wanted to link their strategic vision of a vibrant and connected community to their actions at work.

They've taken the vital first steps to encourage staff self-care and recognise the importance of health to people's productivity and happiness.

"We see our employees' health and wellbeing as an integral part of our vision and now incorporate healthier work practices as part of our work culture," says Keerthi Bettadapura, HR & WHS Administrator.

"The biggest benefit for us is to see our employees happier and healthier," explains Keerthi. "This has a huge impact on how they perform at work, as well as how they feel at the end of each day."

Their plan includes serving staff healthier food options at meetings, weekly mindfulness meditations and encouraging physical activity. They have also introduced financial literacy and nutrition workshops.

"The most successful initiatives to date are those organised by the teams themselves, such as our social netball team and Mount Taylor walks," says Keerthi. "Since the activities are driven by employees, people are more interested and invested."

Woden Community Service recognises that change takes time – so they deliberately started slowly with simple initiatives.

"Even small healthy changes to work habits like taking a break from the computer screen or going for a short walk can have a big impact on how people feel and perform," says Keerthi.

"Our goal is to give our employees the resources and space they need to practice self-care so they can take care of their body and mind. This way they can bring their whole healthier and happier selves to work."

