



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017-18



SIMPLE MEASURES FOR A STRONGER TEAM

Moulis Legal – 19 staff

Moulis Legal is a progressive modern legal business handling commercial and international matters.

The Moulis Legal team actively supports a healthy work environment because they have witnessed first-hand how planned activities help to build a stronger team.

“We recognise the need for staff to be healthy and active, as well as coming together as a team,” says Office Manager, Allison Periam.

Since introducing their first health and wellbeing plan three years ago, they’ve continued to reap the benefits of a cohesive and driven workforce.

“Teamwork has improved and people enjoy the activities, which has resulted in increased motivation at work,” says Allison.

In their current health and wellbeing plan, they combine initiatives such as weekly mindfulness hints, seminars on better posture, healthy event catering, as well as personal training sessions twice a week.

A recent staff survey indicates that there is a good work/life balance environment and more than 94% of staff are happy working with Moulis Legal.

Importantly, Moulis Legal make adjustments to the plan each year to keep the team engaged and enthusiastic, while recognising not everyone will be able to get to every activity, so offering a variety of activities is particularly useful.

Allison also regularly attends Healthier Work events for mentoring and networking, which serves to freshen ideas for new or different activities for the team.

“Even the smallest thing can mean a lot to employees,” says Allison. “It’s not hard to do and doesn’t take a huge amount of effort.

“Happy, healthy and active staff means more productive outcomes for all.”

