



ACT  
Government

healthier  
work

HELPING PEOPLE AND  
BUSINESS THRIVE

CASE STUDIES 2017-18

SILVER

## CHAMPIONING WELLBEING AT WORK

### Office of Parliamentary Counsel – 105 staff

*The Office of Parliamentary Counsel is a Commonwealth Government agency delivering legislative drafting and advisory services for Bills and subordinate legislation, preparing compilations of laws, and publishing laws and instruments on the Federal Register of Legislation website.*

In an effort to introduce a more comprehensive and effective health and wellbeing strategy, the Office of Parliamentary Counsel decided to start a health and wellbeing plan.

"I am glad I discovered it two years ago at a Beyond Blue breakfast, and have been determined to implement a plan and champion it," says Susan Roberts, General Manager and Chief Finance Officer.

The commitment has paid off, with a keen number of team members working hard to introduce new activities and encourage participation.

"We have a committed group of staff in the office that could take carriage of the plan, so it has been a success again this year," explains Susan.

Their most recent health and wellbeing plan has included a presentation and cooking demonstration by a nutritionist, a 10,000-step walking challenge, health checks, social get-togethers and Bootcamp for the Brain.

The team has also found a good way to source anonymous feedback via SurveyMonkey.

"This has proved an effective tool to get feedback on the previous years' activities as well as activities for the future plan," says Susan.

Susan has seen higher levels of staff morale, engagement and awareness of the importance of good health and wellbeing, but notes it can take time to realise other metrics.

The Healthier Work resources and events have been particularly helpful and have formed the basis of many decisions for the team.

"Thank you for this fantastic initiative," says Susan. "We will be continuing with a plan in the third year."

