



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017–18

RECOGNITION

DELIVERING ACTS OF KINDNESS

Questacon – 300 staff

Questacon is Australia's national science engagement organisation. Working towards their vision of a better future for all Australians through engagement with science, technology and innovation, they deliver inspirational learning experiences across Australia and globally.

Questacon has been enthusiastically embracing health in the workplace since recently implementing their health and wellbeing plan.

“We have taken the opportunity to participate in Healthier Work’s well-designed and coordinated program to assist Questacon personnel by providing resources and opportunities to look after their wellbeing, be socially engaged and participate in physical activities,” says Kate McKenzie, Questacon’s Safety Advisor.

Stepember has been a big hit with staff as it encouraged their competitive nature.

“We had 15 teams of four involved, totalling 57 personnel altogether, with the teams pacing out 14,193,520 steps!” says Kate.

Other successful initiatives have included social sports kits, mental health awareness training, participation in the Whole of Canberra Workplace Challenge, and a surprisingly effective Random Acts of Kindness program.

“By showing gratitude, we are hoping to warm everyone’s hearts with compliments. Compliments have been shown to increase people’s self-esteem, improve their mood, and most of all it can make someone feel all warm and fuzzy inside,” as described by Tina and Chris, Questacon Health & Wellbeing Committee members.

They use a ‘compliment tree’ to randomly assign a heartfelt compliment to a colleague.

“With this small initiative we hope to encourage a more supportive, encouraging, and friendly working environment – more so than we already are!” says Kate.

