



ACT
Government

healthier
work

HELPING PEOPLE AND
BUSINESS THRIVE

CASE STUDIES 2017-18

SILVER

BENEFITS FOR HEALTH

Tailored Accounts – 18 staff

Tailored Accounts proudly offer a range of management and compliance accounting services, cloud integration and business consulting advice, to more than 500 companies and not-for-profit organisations throughout Australia.

After attending a Healthier Work event hosted by the Canberra Business Chamber, the team at Tailored Accounts realised they needed to do more for their wellness scorecard.

“This event made us realise that we are not healthy enough!” says Fuzuki Nishimura, Chief Technical Officer.

From there, they created a 12-month health and wellbeing plan and are now going into their third year of activities.

“We have replaced snacks around the office with healthier options like fruit, and created a book corner for our mental health,” explains Fuzuki.

They’re also encouraging walking meetings and setting up healthy eating challenges.

Importantly, they don’t over-complicate the planning, with all staff providing input and ideas over casual, regular chats at the lunch table.

“We have had many benefits, but the staff engagement is the biggest benefit for us!” says Fuzuki.

