Holistic plan for dealing with stress

Bradley Allen Love Lawyers (BAL) believes in providing a supportive, healthy and dynamic workplace to its staff.

The Directors of BAL are passionate about encouraging staff to adopt a healthy outlook and facilitate this by providing numerous different health programs for staff.

BAL started a formal wellbeing program including bootcamp-style physical fitness lessons for all staff from 2006. Over the years, the program has evolved to include running groups, yoga classes, nutritional and mental health seminars, health checks, massages, weekly fruit baskets and its own physical challenge networking event called Sweatworking®, which supports local charities and is now in its fifth year.

In 2015 BAL gained recognition from Healthier Work for their existing program captured in a 12-month health and wellbeing plan.

BAL continued to adopt a holistic approach which now includes activities for fitness, mental health and healthy eating. They bolstered the already impressive program with new initiatives such as a walking group, a pedometer challenge, FebFast, plus promotion of stress management techniques, including mindfulness practices.

Mental health and stress are particular components of the program BAL has spent more time on to support their staff’s wellbeing, recognising high stress is a natural occurrence in a fast-paced law firm.

Since formalising their 12-month health and wellbeing plan with Healthier Work, BAL has already seen improved employee engagement and enthusiasm about participating.

The Directors recognise the correlation between health and wellbeing and productivity, so they are proud of BAL’s focus on the program.