

Helping staff feel valued

Aspen Medical – 100 staff

Aspen Medical is an Australian-owned, multi award-winning, global provider of guaranteed and innovative healthcare solutions across a diverse range of sectors and clients including defence, mining and resources, oil and gas, government, and humanitarian.

Aspen Medical has been dedicated to providing a variety of health and wellbeing options to their staff for many years, so they're well-practiced at devising their 12-month plan of activities.

"Each year we design the health and wellbeing program with activities that promote a healthy, safe and supportive work environment," says Azadeh Hatami, Aspen Medical's Senior HSE Coordinator.

Their activities include yoga and meditation, Steptember, and special celebrations for Harmony Day, Mental Health Week, Women's Health Week and Men's Health Week.

"Harmony Day is a celebration of our cultural diversity – a day of cultural respect for everyone in the workplace who calls Australia home, and it gets lots of interest from staff," says Azadeh.

It's this passion and interest from staff that helps build momentum for activities and events, and motivates Azadeh to keep promoting and refining the plan each year.

And it's the effort that counts.

"Creating a healthier workplace is worth the effort and all the staff appreciate it," says Azadeh. "It increases staff engagement and the feeling of worthiness in the workplace."

