

Inspired by a common goal

Barmco Mana McMurray Pty Ltd – 12 staff

Barmco Mana McMurray offers consulting expertise in projects, commercial buildings, specialised engineering services and related activities within the property and construction industry in ACT and surrounds.

A foosball table in the Barmco Mana McMurray office sets the scene for a team committed to staff welfare and a fun, agile workplace.

“Foosball matches are now a regular feature of our Friday afternoon activities, and if anything, the competition has become fiercer as player skills have grown,” says Director Trent Gourgaud. “It is a great way to end the week.”

This is just one way Barmco Mana McMurray injects health and wellbeing into their workplace culture.

“We also provide fruit bowls for our Canberra office where staff and visitors can get an instant healthy energy fix during our meetings,” says Trent. “We never forget to include socio-cultural activities at least once per quarter – with the recent one, clay target shooting, being a great way to release any negative vibes and create comradery.”

Having been part of the Healthier Work program for many years, Barmco Mana McMurray has seen how their planned activities and events have influenced and inspired their people.

“Healthier Work shaped our team’s culture because even when the company is its busiest, we still manage to integrate activities,” explains Trent. “Simply preparing our own healthy foods for lunch and breakfast, having to walk to buy a coffee, walking while on a meeting, or committing to help through our group blood donations drive, inspires us to be healthy with a positive outlook in life and to be able to help others as well.”

They’ve seen firsthand how a healthier workplace creates a more positive work environment and results in less mistakes and excellent work quality.

“The team is dedicated to helping each other through a common goal.”

