

Holistic plan delivers variety

Bradley Allen Love Lawyers – 75 staff

Bradley Allen Love Lawyers is a law firm that prides itself on its lawyers being not only talented and innovative, but capable of going beyond the traditional legal role of reactive adviser to working as an extension of their clients' businesses.

Variety is the defining factor for the annual health and wellbeing plan at Bradley Allen Love Lawyers.

They make sure there is something for everyone and have found participation has increased as they widened the activities to include a focus on mental wellbeing.

“Not everyone enjoys bootcamp, but those staff may enjoy a trivia night, salad club or a mindfulness session,” explains Helen Parrett, Human Resources Manager. “Mental health and stress management are particular components of the program we have spent more time on to support staff wellbeing, recognising high stress is a natural occurrence in a fast-paced law firm.”

Each year the team comes together to raise money for a nominated charity of the year, which also brings awareness to their community and helping others. It's a fitting way to keep everyone focused on the greater good. For 2019, their charity of the year is Menslink.

Recently they added new initiatives such as celebrating Harmony Day, putting together a netball team for the ACT Law Society competition, providing healthy snacks, and promoting stress management techniques including mindfulness practices.

“For us, the main outcomes of the program are removing hierarchy and facilitating team bonding, providing an outlet for stress, and improving staff health and morale,” says Helen. “We love the opportunity to add new activities to our plan each year.”

Making the plan all-inclusive makes a big difference, and Helen recommends others take an approach that considers all focus areas of health and wellbeing.

“We suggest making your health and wellbeing plan holistic – look at all sections of health, not just physical,” explains Helen. “Also, don't put it off – it can be hard to get started, but once you do, it's really rewarding. Healthier Work activities have shaped our team's culture by providing something for everyone and making sure all staff have an activity they enjoy participating in.”



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