

An inclusive and socially active workplace

OPC IT – 30 staff

OPC IT delivers sophisticated ICT solutions and web services tailored to suit all business sectors. They have been proudly Canberra-based and family-owned for 33 years and have a strong commitment to their community.

A long-term pledge to provide a healthy workplace aligns with OPC IT's business objectives.

"A healthier team both physically and mentally is a vital part of our three core objectives – Our Team, Our Company and Our Customers – because they are interdependent and cannot exist in isolation," explains OPC IT's Tim Cox. "Healthier Work activities have shaped the daily rhythm of life at OPC IT and help integrate new members into the team."

A program that fits so cohesively with their approach to work means it can remain a non-negotiable part of everyday planning.

"We spend so much time at work it needs to be fun," says Tim. "We are working towards even greater levels of flexibility and a relaxing of some of our traditional operational models."

Healthier Work activities help create that inclusive and socially active work environment.

"A great part of the Healthier Work program is that it encourages you to try lots of new things and you can then keep what works for you," explains Tim.

For OPC IT, this includes fresh fruit in the morning and daily meditation in the afternoon.

"These activities have become part of the fabric of daily life at OPC," says Tim.

Given OPC IT is now recognised with Platinum status, they're keen for other businesses to know how easy it is to get started with a health and wellbeing plan.

"Jump on board," says Tim. "The Healthier Work team has always been there to help when we've had any questions about putting together a plan and are very responsive."

"Plus the bus competition is always a source of enthusiastic photo suggestions!"



Platinum