

Reducing health risks with enthusiasm

Xact Project Consultants – 22 staff

Xact Project Consultants provides independent client-side project leadership through a range of project management and advisory services applied to the building, property and infrastructure sectors.

“Since implementing Healthier Work initiatives, we’ve noticed a greater collaboration between team members, a boost in productivity and an all-round increase in happiness,” says Hayley Bowyer from Xact. “Our staff actively engage with all our initiatives, which include weekly yoga and bootcamps, healthy snacks, and mental health and wellbeing workshops.”

The team at Xact – like many who have been implementing a health and wellbeing plan for a couple of years – has watched wellness become an integrated part of their business planning and workplace philosophy.

“We’ve had great staff participation in our Healthier Work program, and it is now a fundamental part of our team culture,” notes Hayley. “Happier staff, higher productivity and enjoyment at work are driving us to continue the plan over the next 12 months and beyond.”

Hayley believes it supports people to deliver their best, both at work and in their personal pursuits.

“A healthy workplace is important to us as it provides an opportunity to support our employees and improve their quality of life,” says Hayley. “By being able to provide physical activity options, healthy food options, mental health support and education for employees, we’ve been able to provide a healthier workplace and reduce health risks.”

To demonstrate how committed staff are to the plan, they’re happy to attend out of hours yoga or bootcamp sessions, even when they’ve been seconded to work in another office.

And for businesses considering signing up to Healthier Work, Xact is quick to offer encouragement and advice.

“If it’s your first time creating a healthier workplace, just start small,” explains Hayley. “For example, organise a morning walk before work, get a speaker in to talk about mental health, engage in conversations with staff to hear their ideas and interests. You’ll be surprised with what they come up with!

“The Healthier Work website has some great resources that helped us form a base for our plan. Other resources we’ve utilised include Heads Up, the Chamberlain Foundation and Beyond Blue.”

