

Keep talking about health

Trade Guardian – 10 staff

Trade Guardian provides outsourced business administration and bookkeeping services to small businesses, professionals and tradespeople.

It's still early days for Trade Guardian's formalised approach to health and wellbeing in the workplace, yet they're already seeing how it brings the team together.

"We have enjoyed working together and communicating about ways to keep us all healthier," says Trade Guardian's Kristin Miller. "The hope is that staff will be happier as a result."

The team has gathered a variety of information and tools from Healthier Work to help them create their first health and wellbeing plan, which includes stress management tips, walking groups and a healthy eating recipe exchange.

"We had a great range of information provided to us about mental health and supports, which was really useful," says Kristin. "Trying to eat healthier has been the most popular with staff."

While they continue to implement health-promoting activities and supports for staff, they recognise how important it is to keep talking about health at work.

"It is always difficult to keep momentum with additional tasks when we are all focused and busy delivering services to our clients," notes Kristin. "Having staff involved has helped to keep the conversation about the importance of our health continue on an ongoing basis."



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