



4 WAYS TO PROMOTE A HEALTHIER WORKING ENVIRONMENT

The fast-changing world of work and increased demands on employers and employees means that the connection between health and work has never felt so important. With this in mind, we consider 4 ways employers can promote a healthier working environment.



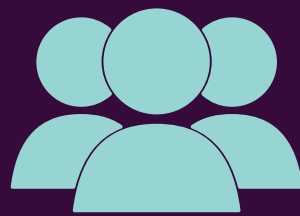
CONSIDER THE PHYSICAL ENVIRONMENT.

The average person will spend over 90,000 hours of their lifetime in the workplace. With this in mind, it is important to consider how factors such as natural light, facilities and open-plan seating can impact on employee wellbeing.



PROMOTE AN ACTIVE WORKFORCE.

Not only does exercise help with stress relief, it can boost concentration, decrease fatigue and enhance overall cognitive functions. There are plenty of initiatives you can take to promote an active workforce, such as installing bike racks at your office, starting a running club or offering subsidised gym membership.



TRAIN, EDUCATE AND MENTOR.

As your best resource, show prospective and existing employees that you want to invest in them. Make them aware of training opportunities, and be transparent about possible career paths.

Successful mentoring programs drive greater employee satisfaction, better retention rates and increased worker wellbeing.



THINK OUTSIDE THE BOX.

Although it's great to have a long term employee engagement & retention strategy, sometimes small ad hoc initiatives can make a real difference to employee wellbeing. For example, if the weather is nice, why not consider taking a meeting outside? The new surroundings may encourage a fresh perspective.