

Recognised Healthy Workplace

R-Group International is committed to providing a positive workplace environment and regards workplace health and wellbeing as an investment in the long term health of their staff.

Health and Wellbeing Achievements

- We have developed an action plan detailing strategies and activities of our workplace health and wellbeing program.
- Our co-ordinator has attended and participated in various HWWA training events.
- We provide staff education via break room digital signage, bimonthly newsletters and intranet page.
- We have installed trial sit-stand hot desks installed as a result of successful HWWA Small Business Grant Application.
- Lunch time yoga sessions are provided for our staff with additional activities offered including basketball, walking groups and active social events.
- Dedicated resources are provided for workplace health and wellbeing program including a health and wellbeing committee who meet regularly to discuss direction of program and discuss feedback from staff.
- We have a focus on nutrition, physical activity and environmental changes to reduce sedentary behaviour of our staff.
- Our committee held an outdoor 'Lunch and launch' activity - all staff were provided with a free salad lunch, HWWA water bottles and informed about the principles and upcoming activities of workplace health and wellbeing program.

