

Aim of work/life balance

Achieving work/life balance is about being given the opportunity to have some control over when, where and how you work so that you can perform at your best and also have time to recuperate and enjoy pursuing your own interests outside of work.

Making work/life balance a win-win for everyone

Work and family initiative do work. Increasing agreement across the board in Australia and in other countries says that family-friendly policies can improve organisational performance when employers are:

- Being recognised as an 'employer of choice'
- Improving employee morale and commitment
- Reducing staff turnover
- Increasing the ability to attract and recruit staff
- Reducing stress and improving productivity
- Addressing government standards and legislation

Organisations and employers that have introduced work and family arrangements have found that the benefits far outweigh the cost and effort of making changes, particularly in attracting and retaining skilled and productive employees.

Employees can find benefits that include:

- Flexible working arrangements resulting in reduced stress
- Increased focus, motivation, job satisfaction knowing their family and work commitments are being met
- Increased job security and commitment after employers show they value and support workers with family and other non-work responsibilities

What does m247consulting offer?

A **comprehensive healthy lifestyle program** that runs for **18 months** aimed at improving the health and wellbeing of your staff. The program is inclusive of workshops, one on one coaching, measured improvement through an online web based monitoring tool and fun.

Talk to us

Melbourne Office

T (03) 8669 1780

F (07) 3288 1035

Brisbane Office

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KIBOX

Unlocking your goals

KIBOX – Key to unlocking your goals is an online web based measurement system working with staff to unlock their work and personal goals.

How does the KIBOX work?

We initially conduct an analysis of staff needs and demonstrate the gaps and areas for more proactive intervention. Each program is designed specifically to meet the needs of the organisation. Post the analysis we collect a baseline measurement of participating staff and provide each staff member with a separate login to submit data on a monthly basis. Over the 18 –month program we provide workshops on stress management, harassment and bullying in the workplace, manual handling, nutrition and we also design workshops to address some of the goals identified through the KIBOX.

What does it cost?

Please contact m247consulting to discuss this further on 07-3288 4926

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