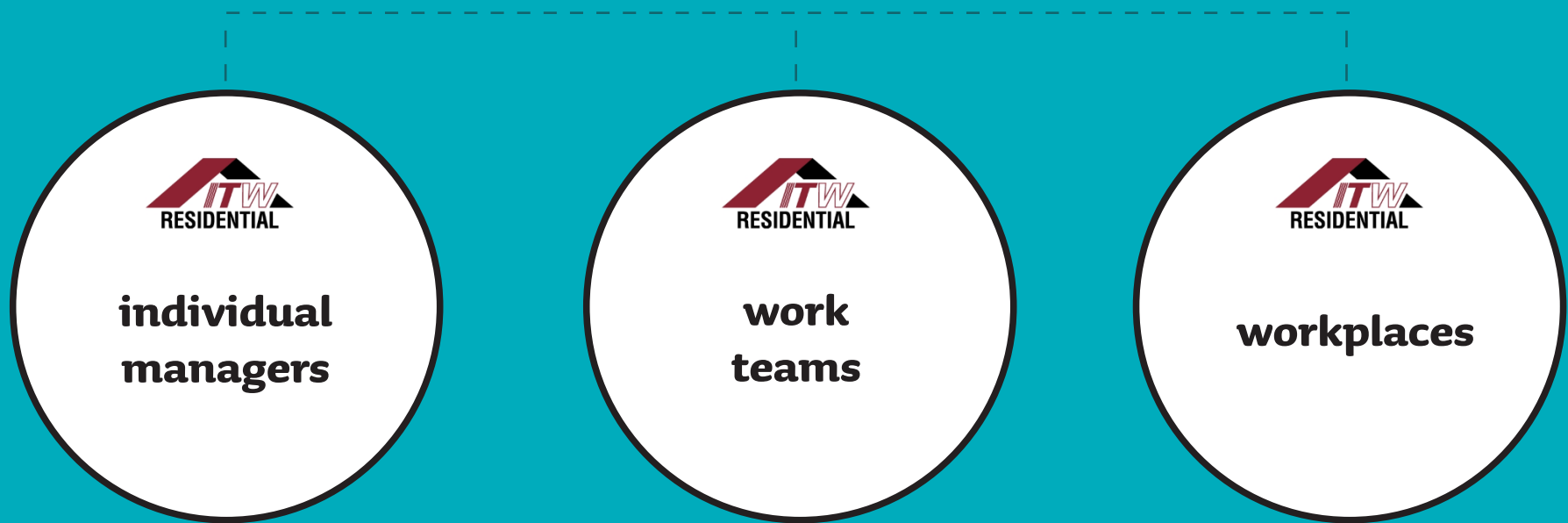
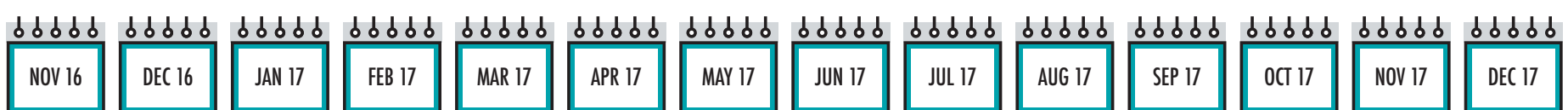


Workplace Wellbeing and Resilience Program

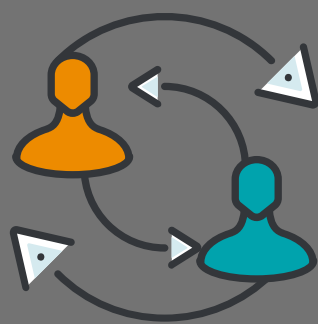
The purpose of the project was to measure the impact of delivering a program of wellbeing literacy, resilience skills, workplace wellbeing strategies and peer support to:



OVER A TWELVE MONTH PERIOD

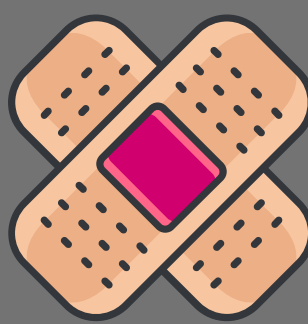


Staff are better off from participating in the program



staff turnover rate

7% before
3.1% after



reduction in injuries

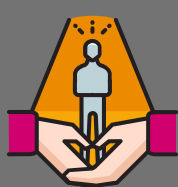
48%



absenteeism rate

2.35 before
0.87 after

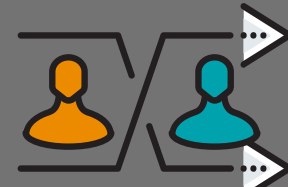
Work teams have adopted a range of wellbeing & resilience practices in the workplace



work teams feel more supported



work teams communicate better



work teams have greater cohesion

ENABLERS OF SUCCESS

- Full participation and support from leadership
- Integration with ITW Resi's culture, vision, values & safety strategy & plans
- Action learning approach
- Wellbeing & resilience scorecard

The project was a collaboration between icare, Blueberry Institute and ITW Resi using best practice methodology and rigorous scientific evaluation with the University of Melbourne.