



Healthy balance of work and rest

By DENICE RICE

OFTEN cast as the self-centred demographic of the labour force, Generation Y, it seems, is better than any previous generation at one thing — balancing work, family and leisure.

According to Greg Kinnaird, pictured, managing director of the Australasian Management Centre, companies are realising that getting the life/work balance right and keeping its employees healthy and happy can bring productivity and profitability.



“It’s called corporate wellness and, like physical wellness, it has very tangible spin-off benefits,” he said.

AMC was finding that initiatives to create corporate wellness, such as flexible working practices, were largely being driven by the emerging leaders of the Y Generation, “because they value lifestyle and embrace change”.

Workplaces that don’t adopt family friendly and flexible practices would find attracting staff difficult in the tight labour market, Mr Kinnaird said.

“Workplace focus in the future will be on health and working conditions, work design, flexible working practices and redeployment,” he said.

“Flexible working times have positive effects on the state of corporate and personal health, motivation and off-the-job quality of life for all employees, particularly older staff.”

Three speakers will address the topic Creating Corporate Wellness — Work, Rest and Play at the next AMC breakfast innovation forum to be hosted by Mr Kinnaird at the Perth Convention Exhibition Centre on Tuesday, September 11.

Tickets are \$110 each, or \$600 for tables of six and are available online at www.amcinnovation.com or on 1300 466 688.