

## Recruitment agency employs healthy workplace practices

**Recent trends** in health and wellbeing have made the establishment of a happy and healthy work environment one of the most important investments a firm can make.

Figures from The Health and Safety Executive show more than two million employees are suffering from illness aggravated or caused by their job.

Suzie Majer of Brisbane based Majer Recruitment, believes a truly functional work environment begins with changing the culture of the workplace.

"Investing in creating a healthy workplace is exceptionally worthwhile, and can produce significant benefits for both the worker morale and the bottom line," Majer said.

"Recruitment is a very fast paced environment and we work very hard, so we try to lighten up the office vibe," she said.

Majer established Majer Recruitment in a small CBD office in 2003, and in pursuit of a healthier work environment, relocated to a contemporary open plan warehouse in Fortitude Valley.

"The warehouse is bright and fresh, which permeates a positive, cheery feeling within our staff and allows our clients to feel a bit more relaxed and comfortable," she said.

"Our two office Daschunds, Hollie and Pepe, are fantastic de-stress tools and add a fun element to the office," Majer said.

In Majer's experience, she believes establishing a happy and healthy work environment is both a physical and mental feat.

"The annual staff barbecue or Christmas party isn't enough, so our staff like to organise a monthly get together, whether it be tai chi, pre-work breakfast or charity fun runs," she said.

"We sponsor the Pat Carroll running group, which boasts a membership of many healthy professionals including one of our consultants, Nicole Weiss, who trains heavily for triathlons, and even Anna Bligh.

"It is important to emphasise staff input and encourage ownership in the workplace, because the real bottom line is that happy staff will feel good doing business for you," she said.

Majer Recruitment recently won the title of Australia's favourite Generalist Small to Medium sized recruiter at the national Seek Annual Recruitment Awards. ■