

The Create a Healthy Workplace Contest

HEALTHYWORKPLACE

Brought to you by the Healthy
Workplace Team and Healthy
Workplace Advisory Committee

Congratulations are in order – there were more than 100 entries for the Create a Healthy Workplace Contest. Entry forms were circulated with our 2008/2009 Healthy Workplace Calendar for all government employees. We thank everyone for their contest entries – all the ideas were wonderful and inspiring.



The contest was a great method for getting employees to start thinking about innovative and creative ways to make their workplaces healthier. Entries were analyzed based on three main criteria: **Workplace Culture**, **Cost Efficiency**, and **Innovation**. Our judging panel, composed of members from the Healthy Workplace Advisory Committee, selected the following winners and their ideas:



1st Prize – Carol Smith, Department of Finance

Carol's idea – Get Moving and Get Personal:

“One day per month, do not respond by email or phone but visit each person you need to communicate with face to face.”



2nd Prize – Linda McMaster, Community Services

Linda's Idea – Developing Informal Leaders:

“Leadership is key to developing and maintaining a healthy workplace. Leadership forums bring managers together in many government departments. I propose that informal leaders are chosen by peers and invited to attend these sessions. This will develop leaders and strengthen their understanding of departmental challenges, opportunities, etc.”



3rd Prize – Sue Mckeage, HPP Communications

Sue's Idea – Performance Appraisals:

“Include in performance appraisals steps people take to create a healthy workplace.”

And our Admirable Idea Winners were...



1. Laurie Fraser, Community Services

Laurie's Idea – Healthy Benefit Packages:

“Make Healthy Workplace part of a benefit packages to employees that includes: flex time for wellness/family vacations, vending machines with healthy snacks, discounted gym memberships, wellness mentoring, etc.”

2. Minh Tan, Better Regulation, TPB

Minh's Idea – Happiest Colleague Award:

“Have a ‘Happiest Colleague’ award each year (month, season, whatever) for a department (floor, division, etc.), to be given to the most consistently happy colleague. Maybe each person could even give one each year!”

3. Frank Hickey, Museum of Natural History

Frank's Idea – Re-evaluate the employee exit interview as a motivational tool :

“Let's not reinvent the wheel- a tried and true tool the exit interview can and is a creation and motivational vehicle- especially with the numbers of workers set to retire. I've used it and it works,”

4. Debbie Fram, Halth Promotion and Protection

Debbie's Idea – Workplace Mascot:

“In our area we have a mascot who we dress for different occasions and represents different sports or activities.”

5. Sally Arsenault, SNS&MR

Debra's Idea – Anti Complain Campaign:

“I find that complaining and negativity with no steps to make things better brings everyone down. Google “Martha Beck's Anti-Complain Campaign” for more information.”

6. Tara Ricketts, IAC/Finance

Tara's Idea – Positive Comments:

“We had a staff meeting once where everyone said something positive about a co-worker. Doing his in staff meetings increases morale, fosters a supportive work environment and generally makes people feel good. Mental health is important too.”

For more information about these and other contest entries, contact Rima Thomeh by
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