

Ben&Co.

A BUSINESS & LIFESTYLE MAGAZINE FOR THE CHIFLEY SQUARE PRECINCT.

ISSUE #10 – WELLBEING
NOVEMBER 2015



Kayla Itsines

JOINING #KAYLASARMY

Professor Ian Hickie

**THE MENTAL
FITNESS WORKOUT**

Opinion

**DOES YOUR BUSINESS
HAVE ITS HEAD TOGETHER?**

Ben&Co.

ISSUE #10—WELLBEING

Welcome to Ben&Co.

Or should we say Namasté, to The Wellbeing Issue. If the term ‘wellbeing’ conjures images of yoga pants and green smoothies then read on and you will discover your definition is too narrow. This month we hear from Amrop Challis about Organisational Psychology and spend some time with Futurespace, the team building tomorrow’s workspaces, to find out why smart companies are investing in wellbeing at every level of the business.

We connect mind and body as mental health heavyweight Professor Ian Hickie outlines the workout you need to attain mental fitness for maximum performance, and Chifley’s fastest runner, John Bartlett shares his tips for going the long-distance.

Spring into the world of famous fitness entrepreneur Kayla Itsines, as we explore how wellbeing, digital community and the bikini body combine to be very big business indeed. We were moved by the inspirational story of

two friends’ mission to improve men’s health with the power of the moustache, and our very own Chifley Barber offers to guide you through Movember in style.

We hope you enjoy our latest edition, and find something within these pages that leaves you feeling a little healthier, happier and more balanced.

Thanks for reading.

We’d love to hear from you. If you have feedback or would like to tell us your story, please get in touch.

editor@benandco.com.au

International Recognition for One of Chifley’s Finest



Chifley’s Head Concierge, Kieran Codd, has been nominated for a WOW! Award and he’ll be heading to London for the judging ceremony in November.

The WOW! Awards are based in the UK and take international nominations from people who

have received outstanding customer service from someone working in any industry. Kieran was chosen as one of 5 finalists from a field of 13,000 nominees under the ‘Going the Extra Mile’ category, which required a presentation to the judges.

The Chifley Concierge was modelled on what could be expected from the concierge at a fine hotel. Chifley tenants can turn to the concierge for help with all kinds of issues.

“Our most important job is helping our customers get a problem solved fast, especially in a crisis,” says Kieran, “That can mean anything from taking care of the dry cleaning to organising a last minute office event. But my

favourite part of this job is just talking with the tenants who need a break from a busy day.”

The nomination was made by Chifley visitor, Amanda Yates, who brought her 4-year-old daughter, Katalina, to Chifley for a medical appointment.

Katalina was given eye drops that temporarily made her unable to see, so Amanda had to carry her. Not being familiar with the building, Amanda found herself carrying an upset Katalina back and forth through the lobby, until Kieran stepped in. As a father of two daughters, Kieran was able to sing songs to Katalina from her favourite movie, Frozen. Katalina’s mother, Amanda was so moved by Kieran’s

kindness, she was thrilled to nominate him for a WOW! Award.

The story also impressed the WOW! Award organisers enough for them to select Kieran as one of the top 10 nominations for the Judges Choice Award.

“It’s pretty humbling,” Kieran says, “But the best part for me is that by just doing my job that day, I made two really true friends.”

The WOW! Awards will take place in London on Monday 23rd November, 2015. Ben&Co. wishes Kieran the best of luck.

Chifley Concierge
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CHIFLEY

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CHIFLEY.COM.AU

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The Briefing

Ben&Co. trades its insider knowledge

PILATES AND YOGA WITH A VIEW

Every Wednesday in November
Level 31, Chifley



Sydney’s premier health club, Elixir, is offering Chifley tenants free yoga and Pilates classes every Wednesday lunchtime throughout the month of November. Join experienced teachers in an inspiring environment for this opportunity to elevate mind, body and spirit together, with extraordinary views of Sydney Harbour. Like all the good things in life, spaces are limited, so contact Chifley Concierge to book your place.

Concierge@chifley.com.au
Exclusively for Chifley tenants

SYDSTART 2015

29 – 30 October
Town Hall, Sydney



Australia’s biggest start-up conference will energise the Sydney Town Hall on the 29th and 30th of October, with controversial entrepreneur Kim Dot Com making an appearance as guest speaker. Dot Com joins a heavyweight line up of leaders in the start up space, including Matt Barry, CEO of Freelancer.com, (who coincidentally acquired the conference itself late last year and hired its founder Peter Cooper as regional director of Australasia). The well-attended 2-day event is a hot-house of fresh entrepreneurial thinking and networking in the digital space.

sydstart.com

HEADSPACE APP

More and more busy professionals are discovering the beneficial effects of meditation on stress levels, productivity and quality of life. Now a new app developed by western-born Buddhist monk Andy Puddicombe, is, to quote a recent NYT article, “doing for meditation what Jamie Oliver has done for food.”

The app is Headspace, and it provides bite-sized mindfulness tips throughout the day to promote peace of mind. An initial 10-day program is made available for free, and subscription packages are then offered if the user finds the app valuable. Judging from rave reviews within iTunes and in publications worldwide, many do.

headspace.com

THE DARLINGHURST YACHT CLUB

A homage to yacht clubs around the world, landlocked in lively Darlinghurst, Sydney’s newest social club, The Darlinghurst Yacht Club, is now open.

With sails hung from the roof and woven rope detailing, evocative of old world clubs by the sea, the ambience is nautical inspired luxury. Cocktails on offer are a mix of elegant classics and maritime inspired creations while a classic brasserie menu and a monthly brunch event focus on seasonal, local produce.

The Darlinghurst Yacht Club is the latest offering from ‘The Group’, a nightlife collaboration between Adam Abrams and Julian Tobias, the team behind the floating Sydney Harbour venue ‘The Island’, and Eddie Levy and Michael Hwang of ‘The Lobo Plantation’.

facebook.com/thedycsydney

New Kids on the Block

Being a working parent isn't easy. But things could get a bit easier with the opening of the Chifley Early Learning Centre.

"I think the Chifley Early Learning Centre is going to be something pretty special."

Chifley will soon welcome its youngest tenants with the opening of a child care centre planned for January 2016, caring for children aged from six weeks to five years old. The centre is being built and managed by the Green Leaves Group that currently has opened 2 centres, with 5 opening soon and another 14 in the pipeline.

Green Leaves Director, Michael Hovey, says the centre at Chifley will reflect the very latest thinking in quality child care.

Green Leaves centres have a strong and playful visual dynamic and the Chifley Early Learning Centre will have its own unique look, "We've partnered with a company that makes movie sets," Michael says, "They've created a fantastic, interactive playscape centred around a large tree that kids can crawl through and around and use to play hide and seek."

In fact, the whole centre will be architecturally designed using a strong colour palette and incorporate lots of natural and recycled materials. Everything from the cots to the play equipment and furniture, will meet the highest standards for safety and fun.

The staff will include fully qualified and approved child care professionals and a qualified child care teacher who'll run the education curriculum, making sure that even when the kids are playing, they are also learning. An important part of this will be teaching kids about sustainability. They'll see how recycling works and how important it is to preserve resources by turning off light switches and taps.

In another break from old-school child care centres, the Chifley Early Learning Centre will have a chef on staff preparing fresh and healthy meals daily. No more dry sandwiches, "Even what look like treats will be secretly healthy," Michael says, "We want the kids we care for to love the food they're eating but also for it to be high protein and low fat - the sort of food that keeps kids strong and happy."



Finding CBD locations for child care isn't easy. Partly because of the amount of space that's needed but also because you need somewhere with plenty of natural light.

"The space at Chifley is terrific for what we're doing," says Michael, "The windows are floor to ceiling so we can treat that brightly lit window area as a sort of sunshine play space. We're actually keeping the number of enrolments down so we have room to give the kids some variety in where they rest and play."

For parents working in the building, there will be great peace of mind in knowing that their children are so close, "The lifts will open right into the centre so access will be very easy," says Michael, "From our other centres we know how important easy access is for parents and of course, they'll always be welcome to visit."

Located at the country's most prestigious address in the financial district and surrounded by leading companies and business identities, Chifley Early Learning Centre will be nurturing the future leaders of Australia.

Chifley Early Learning Centre,
Level 1, Chifley
Opening January 2016
www.chifleyelc.com.au



Does your business need a psychologist?

Like people, businesses have personalities and even character flaws. An Organisational Psychologist can help a business get its head together.

They say people can't change, but businesses certainly can, whether that means appointing new managers and leaders, restructuring the workplace or pursuing a completely different business model.

Often there's too much at stake for this to rely on guesswork, and that's where Organisational Psychology can come into the picture.

If Psychology is the study of human thought and human behaviour, Organisational Psychology is the science of people at work, and applies the same principles used for individuals to teams and organisations. It's also a key tool used by executive search and leadership consulting firm, Amrop Challis & Company.

Darren and Hannah Challis are the principals of the company. Darren has worked with other leading professional services firms including The Boston Consulting Group, Egon Zehnder and Minter Ellison. Hannah is a highly qualified Organisational Psychologist with extensive senior-level corporate experience, previously the Global Head of Talent at Macquarie Group, where she worked for 11 years.

"In any decision a business makes that involves their people, psychology can play a role," Hannah says, "It's also about understanding the business. The psychological literature says it clearly. The more data-points you have, the more accurate your decisions will be."

Amrop Challis is part of the global Amrop Partnership which has 83 offices in 57 countries. From their office on the 12th floor at Chifley, the close-knit Amrop Challis team has a bird's-eye view of buildings where, no doubt, there are companies grappling with change.

Right now, Hannah is working with an ASX company, where half the leadership team is new. She is there to assess personal dynamics and identify ways that the team can be fully cohesive and perform at its best.

"Self-awareness and insight are essential to be effective on an executive team," Hannah says, "And the most effective teams are those where people feel comfortable expressing a dissenting opinion. That's a psychological space worth creating."

No-one becomes an Organisational Psychologist easily. It takes six years of intense tertiary study then two years' working in the field before you can go into the often very high-level HR roles that create productive and well run organisations.



An area where Organisational Psychologists are focusing is wellbeing. "Right now, most companies are doing surveys to see how committed staff are to the organisation, its strategic goals and its values," says Hannah, "They want to know too, if their employees feel empowered and enabled to perform at their highest levels." Darren adds, "We already know what drives the willingness of staff to go above and beyond: good visible leadership, and the chance for career development and opportunities. And more and more it's about work environments that promote wellbeing."

Psychologists break down the idea of wellbeing into three parts: Cognitive, which is how a person thinks through problems; Psychological, which is how they actually feel about what they do, and Physiological, which is simply whether they are physically healthy. When all three are in sync a person has a sense of wellbeing.

"Self-awareness and insight are essential to be effective on an executive team."

An organisation, that gives employees opportunities to improve their skills, makes sure the right people are doing the right jobs and thinks about building better health outcomes into the workplace, like standing/sitting desks, good quality air conditioning or staff exercise programs, will have a more productive, creative and committed workforce.

Amrop Challis practise what they preach. Every member of the team is valued and has important work to do for the company to deliver its services and reach its goals. They enhance their work culture by doing meaningful pro bono work for some of Australia's most vibrant arts organisations. "We are passionate about the arts," Darren says, "And an important element of wellbeing, certainly for us, is the sense of giving back."

When Amrop Challis begins work with a new client, they implement a rigorous process for getting to know the client and understanding the role that has to be filled, both in terms of what it needs today and what it will need in the future. The people they find for organisations change the culture and goals of those organisations. "Companies have to do everything they can to get these things right," says Darren, "Because mistakes can be expensive."

Organisational Psychology now has an even more important role in identifying the right people for the job of making companies prosper in this still evolving territory.

"While you can't always predict what success in a role looks like because what is required to be successful in the future might be very different to the past," Hannah says, "you do know that being successful will require you to be nimble and responsive, and not just be open to change—you must embrace and drive change."

Amrop Challis & Company
Level 12, Chifley
amropchallis.com



#KAYLASARMY

KAYLA ITSINES

Fitness entrepreneur Kayla Itsines is improving the lives of millions of women worldwide. Ben&Co. takes a look at how she does it.

PHOTOGRAPHY COURTESY OF
KAYLA ITSINES, NICK CLAYTON AND DAVID STEGENGA

When a passion for wellbeing mixes with strong market insight and a solid business strategy, magic happens. Just a few years ago, Kayla Itsines was a personal trainer in suburban Adelaide. Today she is one of the world's most influential fitness entrepreneurs, with a global tour and her business, The Bikini Body Training Company enjoying stratospheric popularity.

Kayla and her partner, Tobias Pearce, were nominated for the 2015 EY Entrepreneur Of The Year and won the National Emerging Entrepreneur category. Their nomination puts them in the same company as some of Australia's most innovative and successful business people including Andrew Bassett, co-founder of SEEK.COM, Michael Malone, founder of iiNet and Mike Cannon-Brookes and Scott Farquhar of software giant Atlassian.

There's a clear digital vein apparent in the past winners of the prestigious award, and Kayla and Tobias continue that trend. Their success rests on foundations that entrepreneurs would be well advised to take note of. It starts with a strong passion that can be kindled into a personal brand customers believe in.

"I've always had a passion for fitness and helping people," Kayla says, "It's been a dream come true to turn my passion into a career." As a qualified personal trainer in South Australia, Kayla noticed that many of her clients wanted very specific results. Results that traditional exercise programs didn't provide. They wanted, frankly, to feel confident in their bikini body. Armed with this insight, Kayla began to research and rethink what she did in her work and what more she could give her clients. She established an offering that spoke directly to the market's need: a training program and dietary guide aimed directly at achieving bikini body confidence.

The two growth industries of fitness and digital started to merge and gather momentum when Kayla began to share inspirational posts on Instagram. While there may not be anything revolutionary about amplifying your product benefit through social media, it is the tonality of the posts that can be the X Factor. "I strive to focus my account on the inspirational transformations of my clients, rather than it always being about me and my life. Relatable and engaging content is fundamental for continued growth and a loved social media account", Kayla told Forbes Magazine earlier this year.



*It starts with a strong passion
that can be kindled into a personal
brand customers believe in.*



*"There are so many
stories that have touched
my heart."*

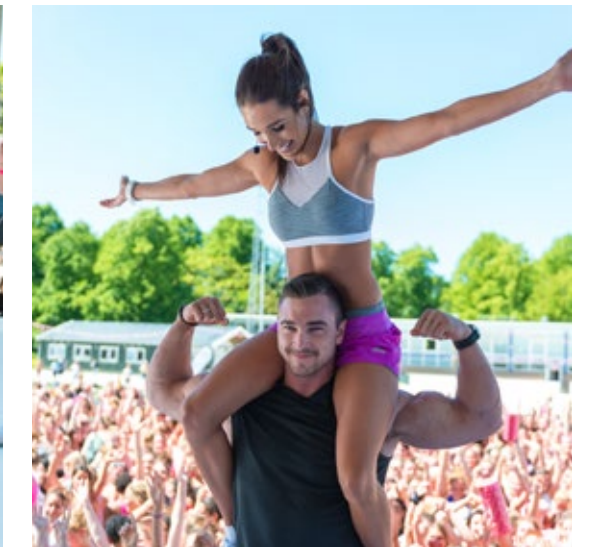
This successful balance of being personally inspiring while heroing the experience of your clients has borne fruit for Kayla and her brand, with her following rocketing to 2.8 million Facebook fans and 3.8 million Instagram followers.

The success of the Bikini Body Training Guide is also of course due to a quality product; Kayla's programs work. The Healthy Eating and Lifestyle Plan (HELP) eBook and the 12 Week Workout Plan eBook are simple, easy to follow, honest about what is required to achieve bikini body confidence, and clearly produce great results. Women around the world were so excited to become part of Kayla's program that when the eBook first went online, demand for it crashed the server.

That kind of popularity is another order of magnitude and perhaps it's due to the

community of women who are willing to share their success stories on Kayla's Instagram. The #BBG (bikini body guide) community feeds back into the business and an organic cycle of growth emerges, where testimonials increase reach, leading to more testimonials, and the community is strengthened.

When digital is used effectively in this way, it becomes very human. Kayla herself is deeply invested in creating a real connection. Her Instagram is a conversation. She posts motivational quotes, healthy food options, ideas for gym outfits, and she posts reliably and regularly. Through Kayla, women meet other women like themselves, who are working towards similar goals. Plenty of Kayla's followers have met up in the real world to socialise and work out together.



“It is seriously amazing to see this inspirational community of women uplift and motivate each other,” says Kayla, “There are so many stories that have touched my heart.”

Kayla’s mission to help as many people as she can to be as fit and healthy as possible naturally lends itself to growth and diversification. Work is underway to translate the Bikini Body eBooks into other languages, and to expand her product range. Thousands of women, dubbed #Kaylasarmy have turned out for her free boot camps around the country with one woman living in Singapore, flying to Sydney for the chance to do a 45 minute workout led by her hero. Then there was Kayla’s 2015 World Bootcamp Tour, taking in Amsterdam, London and New York. Again, thousands turned out.

For Kayla, the bikini body idea is shorthand for the confidence that women can have in themselves. The online photographs are an extension of that, “I’ve heard so many women say they’d never have the confidence to post a picture of themselves online,” Kayla says, “But all the dedication and hard work makes them confident enough about their bodies so they can.”

As her business continues to evolve and expand, Kayla has said that she doesn’t care if her Instagram posts help two women or a thousand. For her, it’s about doing her best to spread the health and fitness message. “I aim to promote bikini body confidence,” she says, “That’s the important thing.”

kaylaitsines.com
@kayla_itsines #BBG

“I aim to promote bikini body confidence, that’s the important thing.”



The Man To Beat

John Bartlett from Morgan Stanley was the fastest runner from Chifley in last year's J.P. Morgan Corporate Challenge, coming seventh overall. Ben&Co. finds out how to improve your time.

John, thank you for slowing down long enough to answer a couple of questions. Firstly, who do you train with?

I run with a corporate running group called HuRT Squad which trains every Tuesday and Thursday in the Sydney CBD, with recovery runs often organised on the other weekdays. The club is open to anyone and is predominantly comprised of semi-serious corporate runners with a range of abilities.

How many people run with HuRT Squad?

I believe the club has currently 300 members on its distribution list which continues to grow, and we generally get 30 runners most Tuesday and Thursday sessions. Basically sessions are run at lunch time starting at 12:25pm with most sessions run in and around the Botanic Gardens or Hickson Rd. Although we also do a speed session on the grass at Rushcutter’s on a regular basis.

Fitness is only one aspect of training, can you tell us what else you get out of your training?

HuRT Squad is a great way to meet other like-minded people from a range of different industries and provides that “team element” that often goes amiss when people think of running as a sport. Apart from keeping fit (super fit if you train with HuRT Squad) running is a good balance for me outside of my work and family commitments. There are

also the social benefits of running in a group, with HuRTs often touring interstate or even overseas to compete in some of the bigger running events.

What distances do you enjoy running?

I run all distances from 3km on the track to the marathon, but predominantly stick to 10km and half marathons. I’m planning on running the London Marathon in April next year.

Before London, you will be running the J.P. Morgan CC - what is that event like to train for?

To train for J.P. Morgan CC it’s all about building up your speed so any circuit in and around the Botanical Gardens generally works from Chifley. If you have time to get down to Rushcutter’s there is also a 400m grass oval to train on which is much easier on the legs or you can head to Centennial Park and do a loop or two of the inner track.

How are you feeling about this year's event?

I would like to make it clear I have no chance of beating Martin Dent or his time of 16:09 from last year. He is an ex-Olympian and on a whole different level! I ran 17:20 last year so a stretch target for me would be to sneak under the 17min barrier and maybe a top 3 finish.



HuRT Squad trains for 45 minutes on Tuesdays and Thursdays from 12:25pm in the CBD. For more details visit hurtsquad.com

J.P. Morgan Corporate Challenge
Wednesday 11 November

Chifley will be hosting a Marquee at the finish line, providing light refreshments, exclusively for Chifley runners. The fastest male and female runners from Chifley will win a \$500 voucher at Azuma Japanese Restaurant. To join the marquee, register at Chifley Concierge. concierge@chifley.com.au

Wellbeing is Well Dressed

Spring offers the occasion for day-to-night wear, deftly balancing work and play, from the office to the client lunch, a dinner party, or a weekend of Spring Racing.

‘Wearing the correct dress for any occasion is a matter of good manners.’
Loretta Young

Paddy TRENCH Pergaud in tobacco \$499, JACKET Dobson in navy \$499, SHIRT Bertog in navy \$79.95, TIE Como in navy/marine \$129.95 all M.J. Bale, PANTS Glen Chino in navy \$129 Saba, SHOES Sena in brandy \$499 Aquila, WATCH Daniel Wellington \$299 Pen Ultimate **Elijah** BLAZER Hughes in pale blue \$499, PANTS Hudson Chino in ivory \$179, SHIRT Weaver \$169, SHOES Balmoral in tan \$289 all Aquila, SUNGLASSES Oliver Peoples OAK001330 \$500 Lifestyle Optical, **Noam** COAT Corallo in mustard \$560, SHOES Alice \$310 all MAX&Co.



Top / JACKET Cage Print \$329, PANTS Cage Print \$219 all Saba, SHOES Alice \$310 MAX&Co
Left / COAT Carcoat Bye \$2,125 Max Mara
Right / BLAZER Dobson in navy \$499 M.J. Bale, PANTS Ayres in marine \$179 M.J. Bale, SHIRT
London in white \$149 Aquila, TIE Vico in navy \$129.95 M.J. Bale, BELT Mackintosh in brown \$99
Aquila, SUNGLASSES Persol LUX 002448 \$359.95 Lifestyle Optical, UMBRELLA Pasotti \$450
Pen Ultimate, SHOES Abingdon Oxford in black \$329 Saba





Left / **Noam** DRESS The Daze Dress in ivory \$650 Karen Gee
 Top / COAT Carcoat Niveo 20832153 \$2190 Marina Rinaldi, DRESS Anna \$445,
 BAG Naomi in black \$199 all Leona Edmiston
 Right / DRESS Anna \$445, BAG Naomi in black \$199 all Leona Edmiston



PUT YOUR MIND TO IT

Mental wellbeing isn't a luxury. It is essential for peak performance. We spoke with Professor Ian Hickie of Sydney University's Brain and Mind Centre to get the low down on what's going on upstairs.

"How mentally fit are you?"

It sounds like a loaded question. Somehow less comfortable than asking "How physically fit are you?" But according to Professor Ian Hickie, anyone who wants to work to the best of their ability should ask themselves both questions, and regularly, because they are equally important.

Professor Hickie is a Clinical Psychiatrist and the Co-director for Health and Policy at the University of Sydney's Brain and Mind Centre. As a Board Member for Research at the Mental Health Council of Australia, his work contributed materially to the provision of \$5.5 billion in additional expenditure for mental health and the introduction of access to psychological services within the Medicare scheme. He has spent a career working at the leading edge of the rapidly evolving areas of mental health and mental wellbeing.

To understand the mental health equation, Professor Hickie uses a physical health analogy, "In physical health, all your body parts may be there and working, but you're still not physically fit. You get puffed walking up a flight of stairs," he says, "Mental wellbeing is the same. Not having an actual mental illness doesn't mean you're as productive and mentally energetic as you should be."

This lack of mental fitness might cause someone to struggle with lots of issues, from decision making to interpersonal relationships and dealing with stress. And just like in physical health, ignoring your mental wellbeing could leave you open to developing other problems later in life. "Anyone who thinks they can work long hours at full speed is kidding themselves," Professor Hickie warns, "You'll start seeing the signs of not coping - impaired performance, bad judgements, irritability, fighting with everyone else. Then they withdraw and stop doing anything at all."

So what strategies can people use to achieve mental wellbeing? One key understanding is that people cannot be in a constant state of engagement and responsiveness. Humans are on-off creatures. To reach the heights, it's vitally important to factor in down times and to do that, you have to know what down time means to you.

"Mindfulness is very popular right now," says Professor Hickie, "It's a meditation and yoga based strategy that works very well for some people. For others, exercise is a better way to dial down, or going out for a coffee with a friend. Whatever it is that allows someone to disengage for a while, they need to make that their mental fitness routine."

"To reach the heights, it's vitality important to factor in down times."

Another vital factor in mental wellbeing is the workplace experience. Despite what they might say, people love challenging jobs and novelty in their work. They also like to work in groups, feeling like part of a team. As we all spend longer hours working, the workplace has developed into an incredibly important social environment.

"Good, professional, collegiate work is immensely satisfying and good for mental health," Professor Hickie says, "It's great for productivity to have a work environment where that happens."

In terms of awareness of broader mental health issues, Australia is a world leader and a place where the stigma attached to mental illness has significantly diminished over recent years. This is largely because a number of prominent people, significantly men who are often very guarded about

these things, have talked about their struggles, including actor Garry McDonald, Federal Minister Andrew Robb, and most recently AFL player Buddy Franklin.

As the community now discusses mental health issues more openly, Professor Hickie is excited by what the future will bring. "The future lies in the technology sector. The ability to connect with people in innovative ways is a godsend," says Professor Hickie, "It can help bypass attending clinics and other things that interfere with ordinary life. The potential is enormous."

Google obviously agrees with Professor Hickie that mental health technologies will become big business. It's just hired eminent American neuroscientist and psychiatrist, Dr Thomas Insel, to head up its Life Sciences unit as it develops and identifies technologies for the early detection and treatment of mental health problems.

There may be different paths to good psychological health, but for the professor, there is a single message, "Our life is better if we're mentally fit."

For more information, visit the Brain and Mind Centre referencing research and programmes currently running. <http://sydney.edu.au/bmri>

For mental health facts and support, visit beyondblue.org.au



Space Explorers

The 9 to 5 work day is a thing of the past.
Meet the team that's bringing workspaces
into the future.



"We live in a 24/7 world, but many of our buildings are still 9 to 5."

Meet Angela Ferguson, Managing Director of the elite team of architects and designers called Futurespace.

With Australians spending longer and longer at work, the impact of our workspace on our wellbeing has emerged as an important concern that goes beyond the merely commercial. For Angela and her team, the motivation is clear, "We do this because we know that people are the product of their environment. We spend one third of our lives at work, so the workplace has to support people. Not just from a task and functions point of view, but from a holistic point of view."

Futurespace applies principles of Environmental Psychology and Architecture to the design and re-design of workspaces, with an impressive range of degrees and qualifications from the best schools of architecture and design across the country's eastern states.

They specialise in 'human centred design', the discipline of creating environments with the needs of the people within them at the forefront. As Angela describes it, "How can the built environment help people's own personal health and wellbeing?"

Futurespace boasts an impressive client line-up with a mix of financial and tech sector businesses like Google, Microsoft, MYOB, Wotif.com, RealEstate.com, Reserve Bank, PWC and APRA all recognising the value of investing in surroundings that make life easy for workers and clients.

You might expect digital shops like Google to embrace forward leaning theories of worker wellbeing, but what about the big financial players on the roster?

Angela explains that while these companies operate in different sectors, certain challenges are universal, "Across the board, business is becoming more competitive, technology is placing more demands on people. We are seeing greater stakeholder engagement with the increased demands and accountability this implies, and smart businesses are waking up to the fact that the workplace plays a big part in meeting the business goals that will help them meet those challenges."

This kind of consciousness around workspaces and building design hasn't sprung from nowhere. Angela and her team identify that "over the last 15 years or so we've seen sustainability and environmental ratings such as green star ratings for buildings become more important, and that kind of thinking has paved the way for the awareness of wellbeing."

When asked to sum up the problem with many traditional workspaces, Angela gave two, "Unsupportive and outdated. Many workspaces don't support people, and because they have been designed to be fixed rather than flexible, they date very fast."

If your workspace falls into the above category, what can be done about it? That depends on whether you're looking at a new premises, or a refurbishment. In the former case, the first step is to create a strategy before you even sign a lease.

Don't make the mistake of assuming you need 3000 square meters for 250 staff at 12sqm per person. Think about exactly who is in the space, and the kind of work they will be doing. Discuss your plans with a professional team, and get their perspective.

Asked about a refurbishment scenario, Angela cited changes implemented in a recent Futurespace project for global engineering giant Aurecon. Firstly, take the built environment away from the edges. Offices are often spread around the windows, blocking the light. These and other built structures were moved towards the core of the building.

Next, spaces for workers to congregate and socialise at work were created. Rather than tucking the kitchenette away in a corner, Angela and the team made it open and central, turning it into a valuable collaborative area.

"Collaborative and quiet spaces are just as important as each other" says Angela, "In the quest for open-plan, the importance of quiet spaces where people can focus can be forgotten. Those spaces need to be available."

End of trip facilities also emerged as a key quality of life factor for workers. Showers, towels and storage that allow people to cycle or run to work proved enormously popular.

As the lines between work and home blur, many commentators have predicted a shift towards working from home. For a team that designs workplaces, you might expect Futurespace to be worried. They're not.

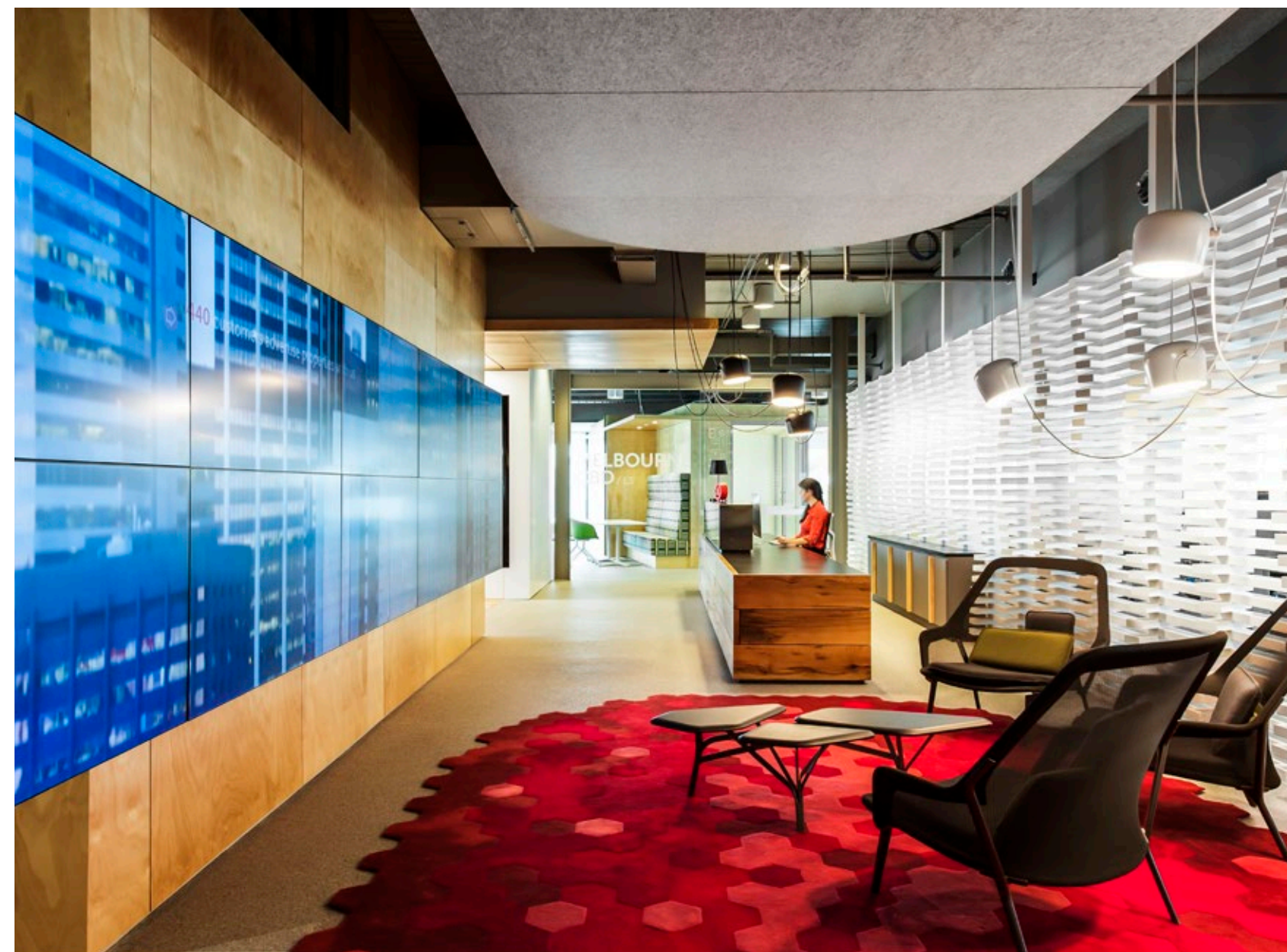
Angela predicts a change in the way we think about work, quoting Pip Marlow, CEO of Microsoft, 'Work is a thing you do. Not a place you go'. Certainly the dynamic of the way we work will change, but there will always be a need for physical space where face-to-face work will take place.

Tomorrow, companies may need less space, but that will make them think harder about what that space should be. Angela is seeing future workspaces designed to be more intelligent with more enabled technology, and fortunately for the rest of us, much more human places to spend our time.

futurespace.com.au



- ← Far left; WOTIF Office – Robert Walsh
- ↑ Microsoft Office Sydney – Tyrone Branigan
- ← Microsoft Office Brisbane – Tyrone Branigan
- ↓ REA Office – Nicole England





Gathering Mo-mentum

One great idea is bringing a hidden health crisis to light.

It’s that time of year when men who ordinarily shouldn’t, start cultivating moustaches for a good cause. Movember is upon us, and the goal is to raise money and awareness to combat prostate cancer, testicular cancer, poor mental health and physical inactivity in men. Conceived by a couple of friends in Melbourne twelve years ago, Movember has now raised over \$680m, and is ranked as the 72nd top NGO in the world (there are 5 million NGO’s globally).

Travis Garone and Luke Slattery were enjoying a beer on Brunswick St. Fitzroy, when the conversation turned to trends that cycle in and out of fashion. They noted that the moustache seemed to have disappeared from society, and wondered if it was time to bring it back. The two mates resolved to talk their friends into growing a moustache.

Inspired by a family friend who was involved in fundraising for breast cancer, they decided to enrich the idea by charging \$10 to be involved, thereby raising money for men’s health and prostate cancer. They created guidelines and rules for Movember (which are still in force today), Travis designed the first Movember logo, and an email titled ‘Are you man enough to be my man?’ was circulated. 30 friends rose to the challenge, and immediately stopped shaving their upper lip for the greater good.

From those first 30 ‘founding fathers’ the idea proved viral, and soon a company was registered and a website built. After some research, prostate cancer emerged as a worthy cause, and with the support of Travis’ brother Adam and their friend Justin Coghlan in Queensland, Movember was able to present the Prostate Cancer Foundation of Australia with \$54,000, the largest single donation they received in 2004. The following year the campaign

raised \$1.2m, and in 2006 the four co-founders established an official Australian charity, the Movember Foundation.

Since then, Movember has grown bushier and prouder year on year and now enjoys the support of 4.7 million people in 21 countries around the world. So why is a gendered fundraising idea, focusing on men’s health so important? It turns out that gender is one of the strongest and most consistent predictors of health and life expectancy. On average, across the world, men die six years earlier than women.

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The Movember website brings to light some startling statistics. Poor mental health affects more men than it does women, with three quarters of suicides committed by men. In fact, estimates from the World Health Organisation suggest that 510,000 men die from suicide around the world each year.

The impact of prostate and testicular cancer on lives is also substantial, with prostate cancer being the second most common cancer in men worldwide and the number of cases expected to almost double to 1.7 million cases by 2030. Yet this gender-based inequality in health has received very little acknowledgement or attention from health policy-makers or healthcare providers.

The Movember Foundation aims to tackle this issue by engaging people at every level from the individual up through community groups and organisations, governments, and health policy makers.

Don’t underestimate the power of a great moustache.

Grow, give and MOVE this MOVEMBER. Sign up and donate at Movember.com and join the Chifley Network. The first 50 Chifley tenants to validate their membership to the Chifley Network at Concierge will receive a complimentary shave valued at \$30, courtesy of The Chifley Barber.

Chifley will also donate a further \$1000 to the tenant who has raised the most donations.

Visit Chifley.com for more information.



Considering a Moustache?

According to Shaf at The Chifley Barber, you should be. The beard trend is on its way out, and summer this year will be the season of the ‘stache. For the corporate look, Shaf recommends keeping the width between the corners of the mouth, and regular trimming to keep hair above the top lip line. For the adventurous, there is a style to suit every man.



The Handlebar

A stern, commanding moustache that lends a distinct gravity to the wearer. Traditionally a style embraced by the more established man, today The Handlebar is enjoying an increasing popularity amongst younger gentlemen.



The Zappa

This 'tribute moustache' communicates a kind of artistic eccentricity, channelling of course the prolific musician and all-round character Frank Zappa. A proud upper, supported by soul patch below the bottom lip, this is a moustache to aspire to.



The Winfield

A suitable moustache for the corporate environment, The Winfield is a clean, neat adornment that traditionally stays between the corners of the mouth and is trimmed so as not to protrude below the top lip. A classic style.



The Chopper

An iconic and distinctly Australian style, The Chopper commemorates the late 'colourful personality' Chopper Read. The Chopper is being re-introduced to civilised society, but retains a hint of renegade danger.



Shaf places much emphasis on keeping the moustache clean, conditioned, and moisturized with a 2 in 1 shampoo and conditioner - sandalwood being their most popular scent, lending an earthy, natural masculine fragrance. Beard oils can also be used through the moustache, whereas waxes come into play for your more structural moustaches and raised Dali-esque points.

The Chifley Barber is offering complimentary moustache grooming during the month of Movember for anyone who mentions this article.

Chifley Q&A

What is the one physically challenging goal that you would like to accomplish in your lifetime and why?

John Posades
Investec



I’d love to join the circus and be an acrobat because the things they are able to do never cease to amaze me. Plus it would make for a great party trick.

Jenna Crestini
Banco Chambers



I hope to complete the trek to the Everest Base Camp. It would be physically challenging but the scenery, culture, and the experience as a whole would be well worth it!

Louise Anderson
Kodari Securities



I would love to do the four day hike to Machu Picchu in Peru. I’ve always had an interest in ancient civilisations and this particular site has intrigued historians for centuries.

Ana Etcheverry
Hays



I like to go big or go home, so one day would love to surf Pipe. In mastering a wave there is much more than an adrenalin rush; it's physically, emotionally and mentally challenging.



Suits for Winners

Win one of three spring wardrobes worth \$2,000. Make a purchase at M.J. Bale Chifley in the lead up to the Melbourne Cup to enter.

Visit chifley.com.au

Valid from Tuesday 6th October to Tuesday 3rd November.

CHIFLEY