



IMPROVING TENANT EXPERIENCE AT  
**42 MACQUARIE ST, BARTON**

**EG**



**RESEARCH REPORT 2023**

# ACKNOWLEDGEMENT OF COUNTRY

42 Macquarie Street, Barton stands on Ngunnawal land. We acknowledge the Ngunnawal and Ngambri peoples of the Canberra region and pay respect to Elders, past, present, and future.

This land, this place, holds memories, the traditions of Australia’s First Peoples. Today, we continue to use this space to gather, to create, and build community, acknowledging our privilege in gathering here, and honouring those who have come before us.

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# SO, WHAT IS GOOD WORK?

The Good Work program is a joint effort between the Little BIG Foundation and your landlord EG, to build and maintain happy, healthier, kinder communities at work. We aim to foster a sense of belonging that reduces loneliness and contributes to a positive work environment.

Each year we conduct a survey, speak to tenants, carry out focus groups and interview the building management team to gather feedback to understand the interest areas of those working in the building. We ask them what would help them connect. Why? Because the world is becoming a lonely place and coming to work should be good for you.

It is our goal to make this a community where the little 'hellos' can lead to big connections.







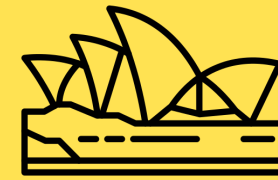
**“Everyone seems friendly... I would like to know more about the other businesses here.”**

## GOOD WORK AROUND THE COUNTRY

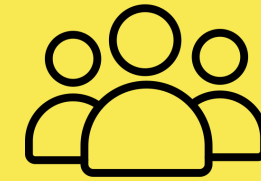
We have surveyed the community here, in your building, as well as many other office communities around the country. We have also reviewed the latest research on social connection, and we noticed some themes.

The workplace, though transformed, remains a vital space for prioritising mental health and meaningful connections.

1. The pandemic has heightened the importance of workplace interaction in combating loneliness.
2. Not all employers are equipped or know how to support employee mental wellbeing at work.
3. A significant portion of workers recognise the value of returning to the workplace for more meaningful connection opportunities.



**Workers in Sydney’s business districts experience 10% greater loneliness than national averages.**



**81% of respondents were unsatisfied with the sense of community within their building.**

**33% of people aged 26-34 year’s old are experiencing loneliness.**



**Employees in their first year of employment with a new organisation are 20% more likely to be lonely.**



**Tenants have a desired for communal spaces in which to meet and allow them to come together.**

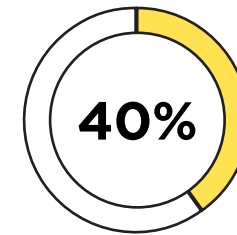
# 96%

**of respondents showed an appetite for in person events and activities to build connection.**

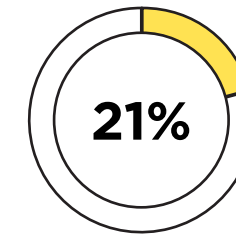
# 42 MACQUARIE STREET, BARTON ACT



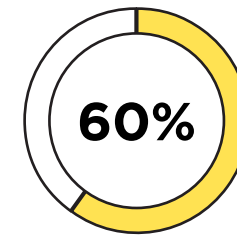
## KEY INSIGHTS



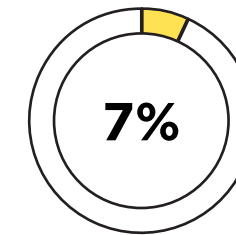
are unsatisfied with their building community.



of building occupants feel lonely on a regular basis.



of respondents are not participating in any social, community, civic, or political groups.



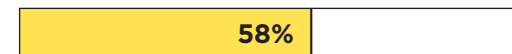
feel other people are positively contributing to the sense of community in the building.



There was **no gender or age trend** in relation to loneliness.

## DEMOGRAPHICS

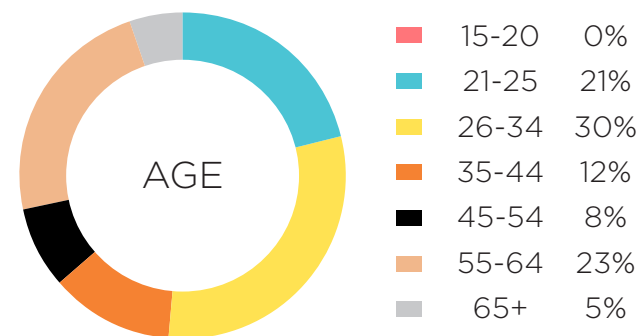
Females



Males



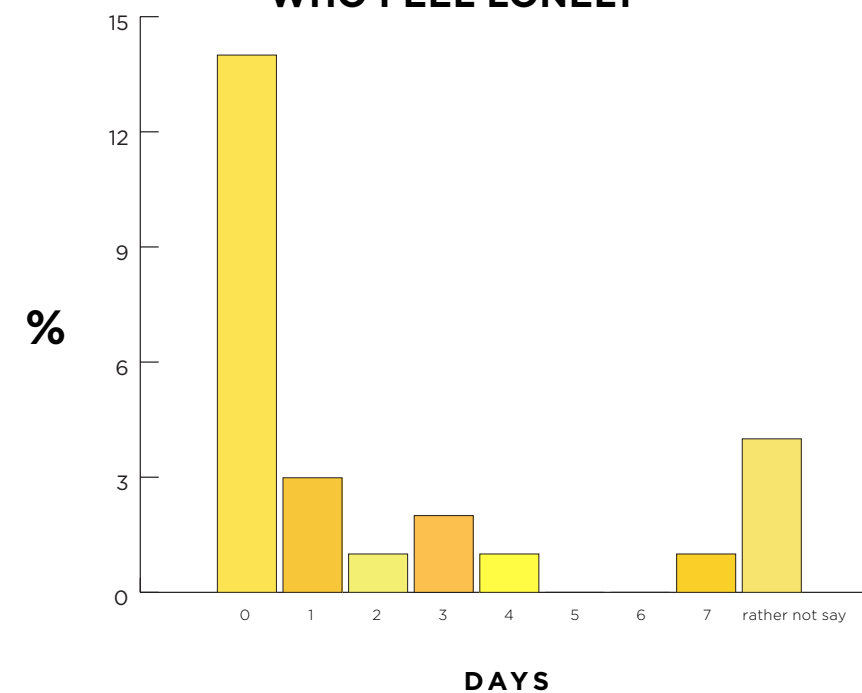
Self-describe



## INTEREST AREAS



## % OF INDIVIDUALS WHO FEEL LONELY



“Do something ... because right now there is nothing here.”

**SURVEY RESPONDENT, CANBERRA.**

\*Data based on the Good Work Survey conducted in March 2023.



# GOOD WORK 2023 PROGRAM



## VOLUNTEER PROGRAM

Community champions and volunteers to discuss upcoming initiatives and how they can get involved in leading them. Got an idea and want to get involved?

Reach out!

## BUILDING WELCOME GUIDE

A bespoke guide to the building to share with all new starters. Includes Acknowledgment of Country, and access to Good Work program.



## POSITIVITY BOOST

Positive looping video in the lift and/or lobby. Smiles are contagious. When we see someone smiling, it triggers a subconscious response in our brain that compels us to smile in return.

## LOCAL DISCOUNTS

Access discounts and special offers from a range of local businesses. 2 for 1, new starter promos and group discounts.



## BUILDING SAUSAGE SIZZLE

Free lunch and a chance to mingle for everyone outside on the front landing of the building.

## CONNECTION FOOD EXPERIENCE

Make food and make friends in this unique foodie experience.



## RANDOM ACTS OF KINDNESS

Opportunity to nominate others in the community for random acts of kindness.



## COMMUNICATION

Newsletters featuring recommendations on wellbeing activities, social groups to join, local business recommendations and discounts, and promoting upcoming events.



## FEEDBACK & PLANNING

Opportunity for feedback on 2023 program and help plan for our community in 2024.



## WE LOVE A CHAT

The Good Work crew is a small but passionate team that wants to hear from you. Thought of an idea for a program? Got a great breakout space and willing to host your neighbours? Want to help us make this community great? Just wondering about something? Send us an email at **[goodwork@littlebigfoundation.org](mailto:goodwork@littlebigfoundation.org)**

## DON'T MISS OUT!

Scan the QR code to receive emails about the latest events in your building. We promise only a few each year.



## LEARN MORE

**[littlebigfoundation.org/good-work](https://littlebigfoundation.org/good-work)**