



IMPROVING TENANT EXPERIENCE AT
50 CARRINGTON STREET, SYDNEY



RESEARCH REPORT 2023

ACKNOWLEDGEMENT OF COUNTRY

50 Carrington Street, Sydney stands on Gadigal land. We acknowledge the Gadigal Peoples of the Sydney Basin 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.





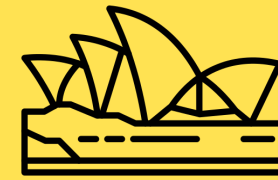
“Everyone seems friendly... I would like to know more about the other businesses here.”

GOOD WORK AROUND THE COUNTRY

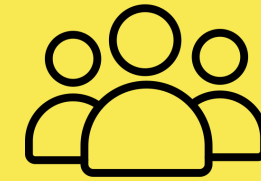
We have surveyed the community here, in your building, as well as many other office communities around the country. We have also reviewed the latest research on social connection, and we noticed some themes.

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.

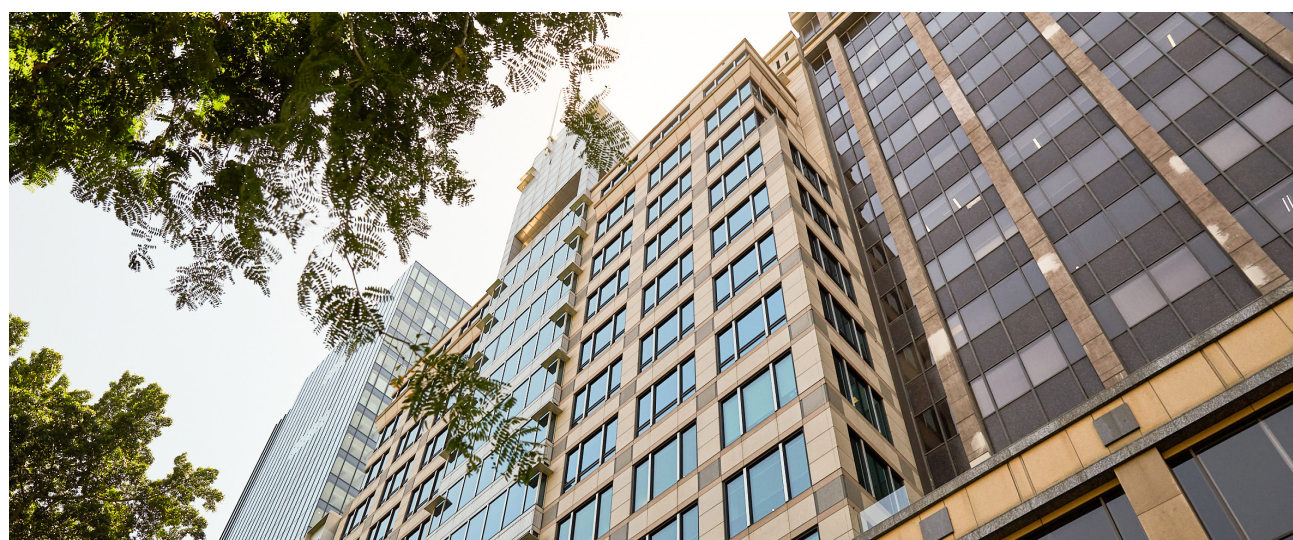


Tenants have a desired for communal spaces in which to meet and allow them to come together.

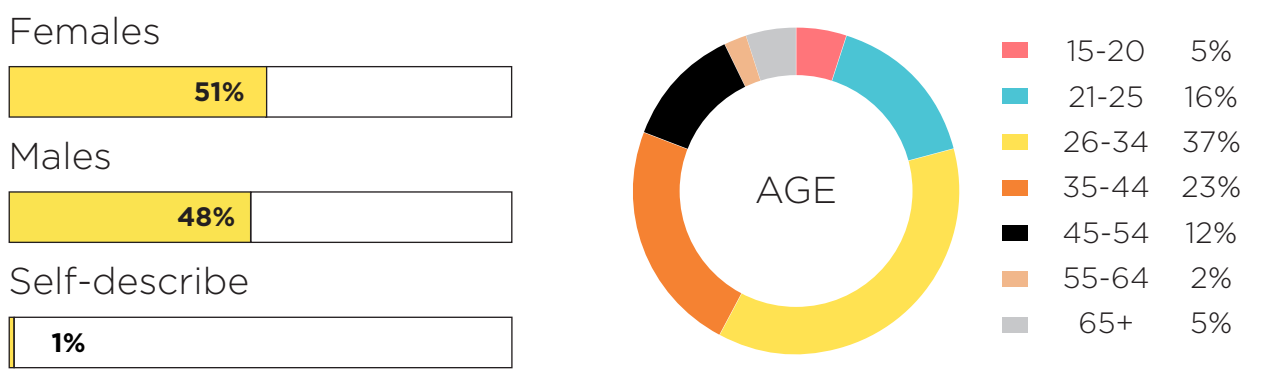
96%

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

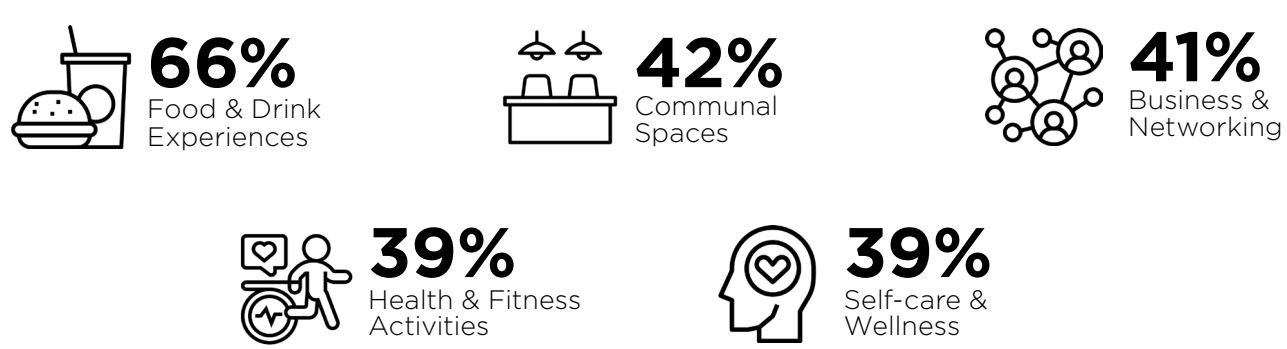
50 CARRINGTON STREET, SYDNEY NSW



DEMOGRAPHICS

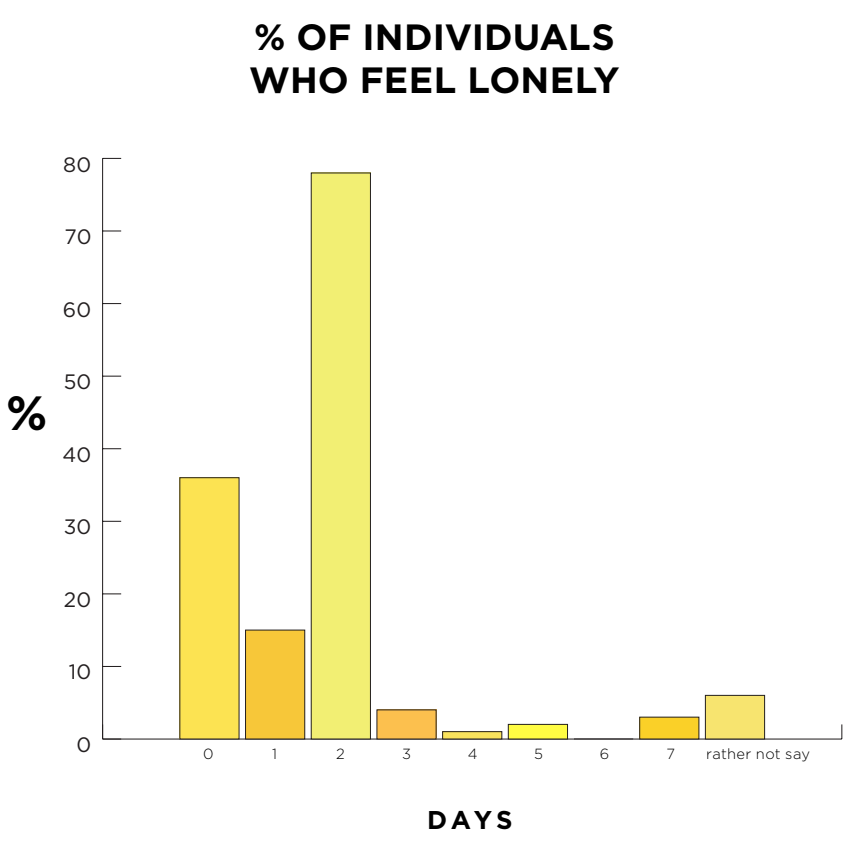
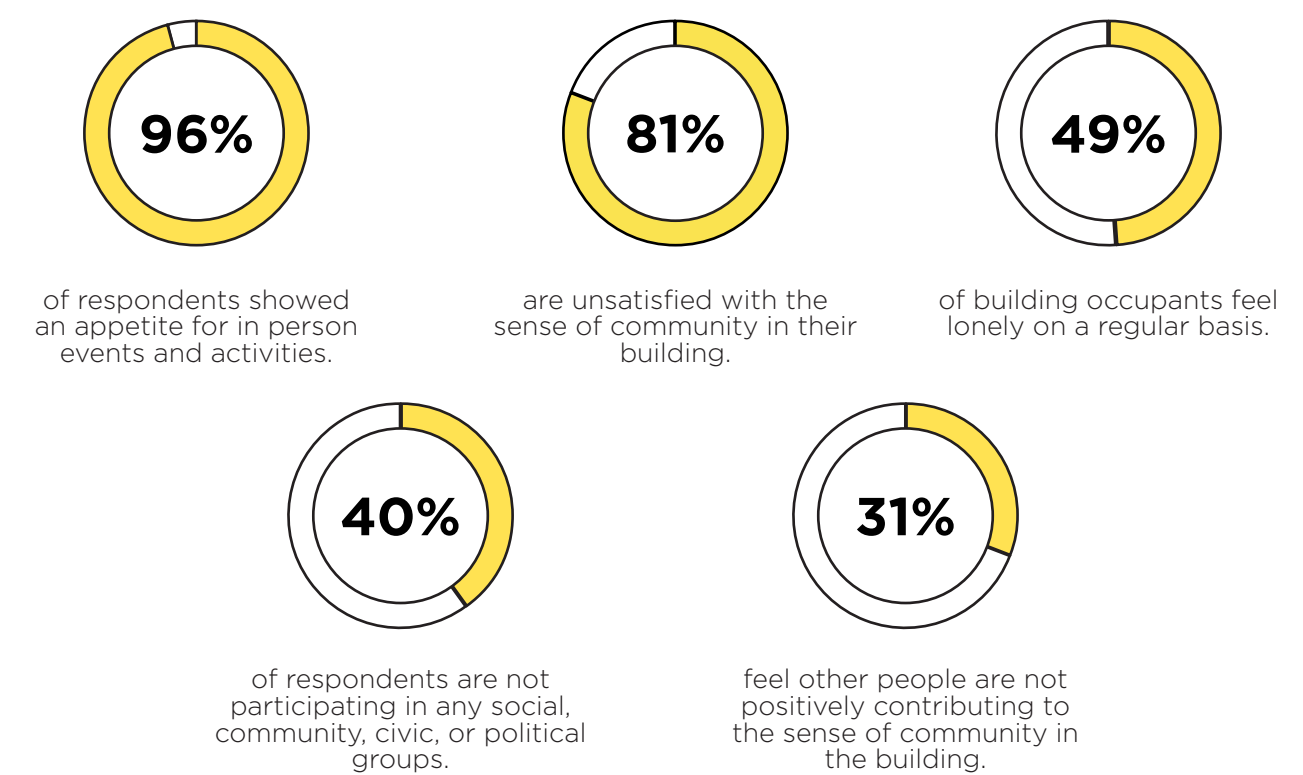


INTEREST AREAS



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

KEY INSIGHTS



“Complimentary or discounted head and shoulder massage service would be good for desk-bound people like us.”

SURVEY RESPONDENT, CARRINGTON ST

“Keep doing events! We are new in the building”.

SURVEY RESPONDENT, CARRINGTON ST

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!

LOCAL DISCOUNTS

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

CONVERSATION CAFÉ & LOBBY BOARDGAMES

Join us for social tabletop games on your lunch break. This event will be staffed with a volunteer from the Safe Space Initiative. Individuals can play socially and/or use this as an avenue to reach out for support.

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.



COMMUNICATION

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

CONNECTION FOOD EXPERIENCE

Make food and make friends in this unique foodie experience.

RANDOM ACTS OF KINDNESS

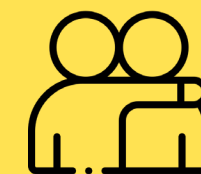
Thank you gifts, random acts of kindness, opportunities to acknowledge individuals in the community.

STRETCH/ SELF MASSAGE/ SELF-CARE WORKSHOP

A 45-min guided session that focuses on teaching participants various stretching techniques and self-massage practices to promote relaxation, reduce muscle tension from long periods of sitting.

MENTAL HEALTH TRAINING

Evidence-based training delivered by the Black Dog Institute for managers and supervisors develop their wellbeing leadership skills to create a mentally healthier workplace.



LOBBY SURPRISE & DELIGHT

Find yourself surprised by a friendly face bringing fun to your morning. This breaks up the monotony and gives people a unique experience to talk about back in the office.

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**

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