GOOD WORK

IMPROVING TENANT EXPERIENCE AT 32 WALKER ST, NORTH SYDNEY

EG Little BIG

RESEARCH REPORT 2026

32 WALKER ST, NORTH SYDNEY

What building occupants told us about connection, loneliness and life in the building.

75 BUILDING OCCUPANTS RESPONDED | **104 IN 2025** | **SURVEY OPEN: 25 SEP 2026 - 22 OCT 2026**

Good Work is Little BIG Foundation's office programme. It uses events and activities to create moments of connection between workplaces in the building. Each year we ask building occupants what is working and what they would like next, and shape the following year's programme around their answers.

KEY INSIGHTS

84% attended at least one Good Work event in the building this year

80% are satisfied with the Good Work programme, up from 63% in 2025

80% of those who met new people say community and wellbeing programming at work matters

60% of those who met new people now interact more often with others in the building

DAYS FELT LONELY IN THE LAST WEEK

Rarely or none (<1 day)	60.0%
Some (1–2 days)	20.0%
Occasionally (3–4 days)	16.7%
Most or all (5–7 days)	0%
Prefer not to respond	3.3%

37% felt lonely on one or more days in the past week (28% in 2025), compared with **33%** of Australian adults nationally.

Asked of the 30 building occupants who met new people at a building event. National figure: Ending Loneliness Together, State of the Nation Report (2023).

MAKING CONNECTIONS

43% met new people through a building event in the last 12 months (33% in 2025)

People they now interact with regularly

Zero	3.3%
Fewer than 5	60.0%
5 to 10	26.7%
10 to 20	6.7%
More than 20	3.3%

WHO WE HEARD FROM

Age

15-20	0%
21-25	13.3%
26-34	25.3%
35-44	40.0%
45-54	13.3%
55-64	6.7%
65+	1.3%

Time working in the building

<1 yr	26.7%
1-2 yrs	24.0%
2-5 yrs	41.3%
5-9 yrs	4.0%
10+ yrs	4.0%

Gender: 71.8% female, 28.2% male (of 71 who answered).

Days usually in the office

Monday	73.3%
Tuesday	70.7%
Wed	69.3%
Thursday	81.3%
Friday	45.3%

Thursday is the busiest day in the building; Friday the quietest.

Percentages are of building occupants who answered each question. Includes 10 partially completed surveys.

EVENTS ATTENDED THIS YEAR

Free coffee giveaway	42.7%
Pot plant giveaway	32.0%
Chocolate giveaway	32.0%
Food workshops	30.7%
EOFY social	26.7%
Stretch & massage	24.0%
Scent workshop	13.3%
Christmas party	12.0%

Share of all 75 building occupants. 84% attended at least one event.

BEST TIMES FOR EVENTS

Early afternoon 12–3pm	57.6%
Late afternoon 3–5pm	36.4%
Mid morning 9am–12pm	34.8%
Early evening 5–7pm	30.3%
Early morning 8–9am	16.7%
Very early 6–8am	1.5%
Later evening 7–9pm	1.5%

Of 66 who chose a time on any day. Monday drew the most picks.

SPECIAL DAYS TO CELEBRATE

Christmas	38.7%
International Coffee Day	34.7%
Int'l Women's Day	32.0%
World Mental Health Day	26.7%
Easter	25.3%
Melbourne Cup	21.3%
Mother's Day	18.7%
Random Acts of Kindness	16.0%
Earth Day / Earth Hour	13.3%
Australia Day	12.0%

Top 10 of 23 days listed. Share of all 75 building occupants.

WHAT THEY WANT TO SEE NEXT

Food and drink	57.3%
Fitness	42.7%
Gentle movement	38.7%
Mindfulness	30.7%
Creative and makers	22.7%
Self-improvement	20.0%
Sustainability	17.3%
Culture and diversity	14.7%
Performances	10.7%
Business events	10.7%
Support programs	1.3%

HOW TO MARK SPECIAL DAYS

Building occupants suggested small tokens such as Easter eggs or Christmas ornaments, foyer decorations, coffee and pastry pop-ups in the lobby, and clear email notice of what is on.

IN THEIR WORDS

> Seeing familiar faces rather than just in the lift was enjoyable.

> Talking to the people outside of my organisation and learning new things.

> During the food event, sitting at the same table.



WE LOVE A CHAT

Got an idea for a programme, a breakout space to share, or a question? Email goodwork@littlebigfoundation.org or visit littlebigfoundation.org/good-work