GOOD WORK

IMPROVING TENANT EXPERIENCE AT 50 CARRINGTON ST, SYDNEY

EG Little BIG

RESEARCH REPORT 2026

50 CARRINGTON ST, SYDNEY

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

132 BUILDING OCCUPANTS RESPONDED | **UP FROM 85 IN 2025** | **SURVEY OPEN: 27 SEP 2026 - 23 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

74% attended at least one Good Work event in the building this year

67% are satisfied with the Good Work programme, up from 63% in 2025

85% of those who met new people say community and wellbeing programming at work matters

62% 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)	59.0%
Some (1–2 days)	20.5%
Occasionally (3–4 days)	15.4%
Most or all (5–7 days)	0%
Prefer not to respond	5.1%

36% felt lonely on one or more days in the past week (31% in 2025), compared with **33%** of Australian adults nationally.

Asked of the 39 building occupants who met new people at a building event. National figure: Ending Loneliness Together, State of the Nation Report (2023).

MAKING CONNECTIONS

32% met new people through a building event in the last 12 months (34% in 2025)

People they now interact with regularly

Zero	7.7%
Fewer than 5	59.0%
5 to 10	23.1%
10 to 20	2.6%
More than 20	7.7%

WHO WE HEARD FROM

Age

15-20	3.0%
21-25	13.6%
26-34	31.8%
35-44	30.3%
45-54	15.2%
55-64	6.1%
65+	0%

Time working in the building

<1 yr	47.0%
1-2 yrs	34.1%
2-5 yrs	12.9%
5-9 yrs	5.3%
10+ yrs	0.8%

Gender: 61.4% female, 38.6% male (of 114 who answered).

Days usually in the office

Monday	74.2%
Tuesday	85.6%
Wed	74.2%
Thursday	92.4%
Friday	49.2%

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

Percentages are of building occupants who answered each question. Includes 13 partially completed surveys.

EVENTS ATTENDED THIS YEAR

Free coffee giveaway	31.1%
EOFY social	21.2%
Pot plant giveaway	18.9%
Christmas party	18.2%
Stretch & massage	17.4%
Food workshops	16.7%
Chocolate giveaway	12.1%
Scent workshop	6.8%

Share of all 132 building occupants. 74% attended at least one event.

BEST TIMES FOR EVENTS

Early afternoon 12–3pm	50.0%
Late afternoon 3–5pm	49.1%
Early evening 5–7pm	41.4%
Mid morning 9am–12pm	28.4%
Early morning 8–9am	26.7%
Very early 6–8am	13.8%
Later evening 7–9pm	9.5%

Of 116 who chose a time on any day. Monday and Thursday drew the most picks.

SPECIAL DAYS TO CELEBRATE

International Coffee Day	34.1%
Christmas	33.3%
Int'l Women's Day	32.6%
Easter	21.2%
World Mental Health Day	19.7%
Melbourne Cup	15.9%
Random Acts of Kindness	15.9%
Lunar New Year	15.2%
Mardi Gras	14.4%
NAIDOC Week	13.6%

Top 10 of 23 days listed. Share of all 132 building occupants.

WHAT THEY WANT TO SEE NEXT

Food and drink	54.5%
Fitness	35.6%
Gentle movement	32.6%
Mindfulness	30.3%
Creative and makers	28.8%
Business events	23.5%
Performances	21.2%
Sustainability	15.9%
Culture and diversity	15.9%
Self-improvement	9.8%
Support programs	6.1%

HOW TO MARK SPECIAL DAYS | Building occupants most often suggested foyer decorations and banners, free coffee, food and small giveaways, and short lunchtime gatherings in the lobby.

IN THEIR WORDS

> Sitting with new people and then bumping into them in the lift.

> I felt fully accepted and being welcome via these events of the building.

> Just having a casual session where you're around new people doing a shared activity.



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