

# Letting life flow

**I**T'S not often construction workers get to have a zen moment at work.

But the team at Built Environs thought employees could benefit from a bit of rest and relaxation – even if it was just for a few minutes while they worked.

By teaming up with meditation and relaxation experts Lifeflow, Built Environs construction manager **Paul Davies** said the company was able to provide a better work-life balance for its employees.

“A lot of (employees) were that stressed at work they weren’t sleeping well at home,” he said.

Lifeflow teacher **Ann Calvert** said the sessions for Built Environs were specifically tailored to help the construction workers sleep, but the program could be customised to suit any type of workplace or situation.

During the courses – which can run for anywhere between a few hours to a number of sessions over a couple of months – employees are taught how to conduct simple spot meditations designed to reduce work-related stress and tension.

Longer meditations, designed to impart a deep sense of relaxation, are also explained so employees can try them at home.

Ms Calvert said during skills shortages, more companies wanted to keep their employees productive and happy.

“I think as more and more people experience stress in the workplace, companies are looking for ways to help their staff,” Ms Calvert said. “The pay-off for employees is that they learn to relax, the pay-off for employers is that they get workers who are much more efficient.”



**RELAX:** Ann Calvert meditates with Steve Pratico and Paul Davies.

**Picture:** MATT CARTY