

A positive buzz around the office

Tiffen & Co – 18 staff

Mortgage brokers supporting individuals to ensure they receive the best possible loan product for their circumstances.



“Anyone interested in seeing their business flourish should definitely start the process of creating a healthier workplace,” says Gerard Tiffen, Managing Director of Kingston mortgage broker, Tiffen & Co.

“One thing I have learned is that taking care of my own health as well as that of my staff, benefits all aspects of the business,” says Gerard. “Healthy habits create happy people, and happy people in the workplace creates a better working environment.”

The team at Tiffen & Co luckily all share the same enthusiasm for health and fitness in their personal lives, so it was a natural transition to carry this philosophy over to the workplace.

“We all understand the importance of healthy living and clearly see the benefits of including this in both our personal lives and in the workplace,” says Gerard. “Fitting physical activities and healthy habits into our working week helps the team bond and also makes for more productive working days.”

With the help of the Healthier Work team, Tiffen & Co put together a 12-month plan to formalise their team’s approach to consistent exercise and positive eating habits.

“As a team we discussed our goals and ideal outcomes, considered what has worked for us in the past, along with some new ideas that Healthier Work

gave us to consider,” says Gerard. “Together we decided on what we would all be happy to partake in and at what time of the year these activities would be ideal for us to focus on.”

For summer, the team set themselves a ‘healthy eating plan’ challenge, which included a weekly supply to the office of Muscle Meals and fruit for healthy lunches and snack options.

“In winter, when it can be quite hard to feel motivated, we gave out Garmin Vivo Fit devices to monitor our progress and had two boot camp sessions a week to help us keep active,” says Gerard.

“Our early birds also get together six days a week for 6am walks around Lake Burley Griffin, and as a group we participate in many different sporting groups and activities such as cycling events and the Tiffen & Co touch football team.”

And the result is a bright and happy team.

“We very rarely have anyone feeling sluggish or unwell,” says Gerard. “We have better staff retention, a more positive buzz around the office and the great benefit of knowing that our most important investment – our bodies – will be fit and healthy for anything that life throws at them!”

Leading by example and seeing the impacts all around him, Gerard’s supportive approach is highly contagious for everyone at Tiffen & Co.