Staying well at work

At the NDIA, we prioritise the health and wellbeing of our employees. That's why we developed Well+, our comprehensive health and wellbeing program.

Well+ offers a variety of resources and support, including:

- Confidential counselling through our Employee Assistance Program, available to both employees and eligible family members.
- Flexible working opportunities to help balance work and personal life.
- Free annual flu vaccinations to keep our team healthy.
- Peer support and employee networks to foster a sense of community and belonging.
- Annual performance planning that incorporates health and wellbeing goals.
- Learning opportunities delivered by mental health professionals to support continuous professional and personal development.

We are committed to providing a range of mental health and wellbeing resources to help our employees thrive both at work and in their personal lives.

Well+ is designed to create and strengthen a safe and supportive work environment, aligning with the goals of individuals, teams, and the Agency.

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