



HEALTHY WORKPLACE INITIATIVE AWARD

This is the third year that the Psychologists' Association of Alberta has presented this award. The award will be presented on an annual basis to an employer and/or organization that has implemented a workplace initiative that contributes to the psychological health and well-being of their employees.

Roger Moses, PAA Past-President and Chair of Awards Committee presenting 2005 Healthy Workplace Initiative Award to Juliana Tang and Murray Miller, staff of Associated Engineering Group Ltd.

2005 Recipient (the following is taken from the nomination submitted by Donna Bonk, Corporate Secretary, Associated Engineering Group Ltd.)

Associated Engineering recognizes that the staff is the prime ingredient of their success. They respect their staff's personal and family needs and believe in work-life balance. Associated Engineering has an active social club in each of their offices which encourages a fun and social atmosphere in the office and after work events/activities. They recognize that wellness starts at home and that an employee with a healthy home environment is happier in the workplace. As such, they support flexible work hours as well as reduced work hours, which allows staff to fit harmony and balance between work and family.

Associated Engineering promotes personal growth and continuing professional development through their active training program.

Consulting engineering is a fast-paced and highly energetic industry and Associated Engineering recognizes that this environment places stress on its staff. To reduce stress, they have implemented a Health and Wellness Program. A number of health and fitness classes are offered to employees; wellness education is provided including a comprehensive Wellness web page on the company Intranet; expert speakers are brought in on topics such as fitness, nutrition, naturalpathic healing and mental health awareness.

Congratulations to Associated Engineering Group Ltd. on receiving the 2005 Healthy Workplace Initiative Award from PAA.

