



Engagement Excellence **LIVE**

A woman with blonde hair, wearing a blue dress and a wide belt with a circular buckle, stands at a black podium with microphones. She is looking slightly to her right. The background is a large window with a grid pattern. The image is decorated with various colorful shapes: green circles, blue rounded rectangles, yellow rounded rectangles, orange circles, purple circles, and pink circles. The text "Attracting talent and inspiring future leaders through COVID-19 and beyond" is overlaid on the right side of the image in white font.

Attracting talent
and inspiring future
leaders through
COVID-19 and
beyond

Engagement Result

**Increased from 85%
to 91% during COVID**



WHY?
I Belong
Here and....





WHY?

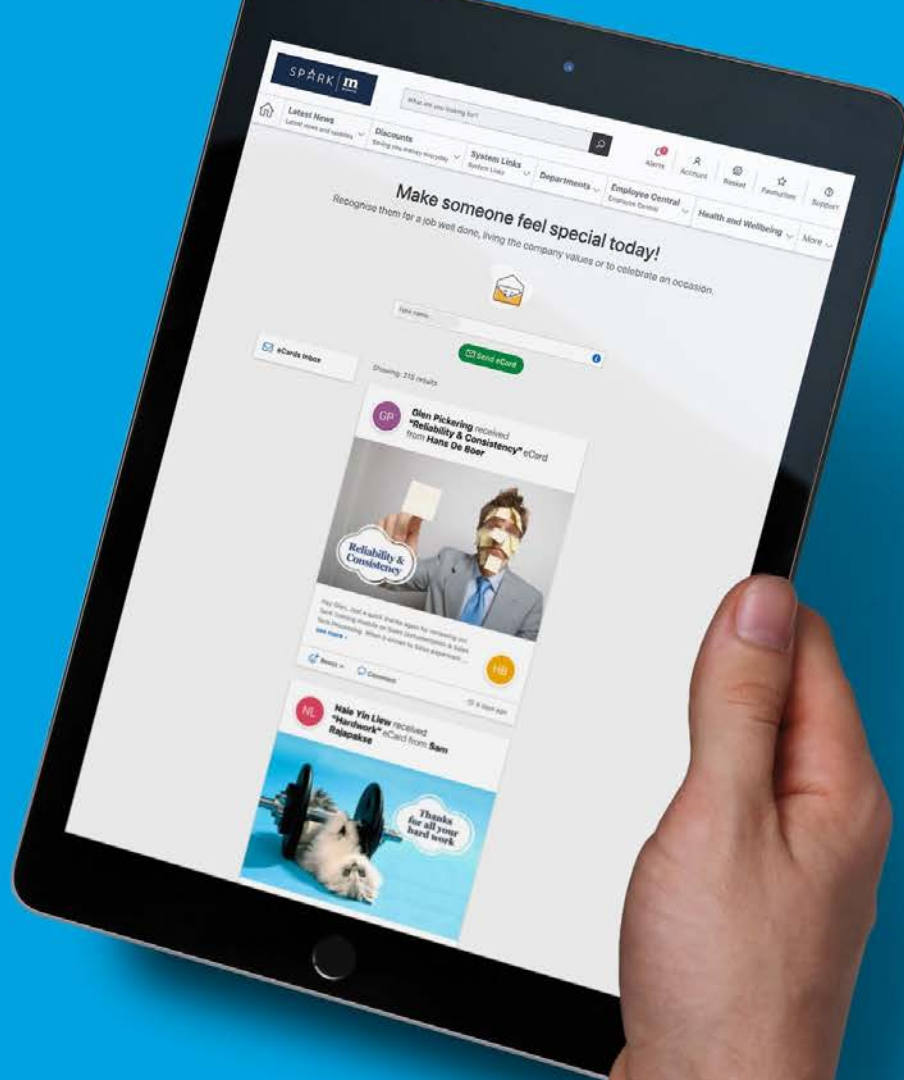
**... My Leader
Cares For Me**

COVID LEADERSHIP LESSONS

1. **Structure for Agility** : Empower the team
2. **Learn Quickly** : Don't wait for perfection
3. **Show authentic care** : Not just words, actions
4. **Focus on People Leaders** : Productivity & Connectivity
5. **Be Courageous / Innovate** : Lead, even after setbacks



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Health and Wellbeing

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Hi, Gemma!

Gemma Matthews

Account quick links

Now Retailers

Centre

CETTIRE

Earn 7% on purchases

Learn more

Retailer Categories

All Retailers

Automotive

Books & Entertainment

Children & Toys

Dining

Electronics & Computing

Entertainment & Days Out

Fashion

Flowers & Gifts

Groceries & Food

Health & Beauty

Home & Garden

Insurance & Financial Services

Jewellery & Watches

Luxury

Mobile Phones

Office Equipment

Pets

Sports & Leisure

Travel

Utilities

Wellbeing

Access savings, anytime, anywhere with the SmartSpending™ App!

DEAL OF THE WEEK

Earn 5% Cashback

hp

Earn 10% Cashback

Earn up to \$21 Cashback

Save 5% in-store and online with instant eGift Cards

Save 5% in-store and online with instant eGift Cards

Earn 9% Cashback on in-store

Save 5% online with instant eGift Cards

Save 30% online with instant eGift Cards

Earn 6% Cashback

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Welcome to the Wellbeing Centre

Providing education, support and tools to help you live a healthier and happier life, because your wellbeing matters!

Quick Health Fact

Going down stairs burns fewer calories but works and tones different muscles and joints. It's also good for balance and coordination.

Move

Get active

Explore more

Munch

Eat your way to a healthier you

Explore more

Mind

Mastering your mental health

Explore more

TRAIN YOUR BODY & MIND

Killer Core Workout

by Kelly Lee

Build core strength and trim your waist that's tired with a HIIT or Circuit Training session, this Core Workout will deliver the total body transformation you've been dreaming of. You'll be feeling it the next day but perform this workout just twice a...

33 min

350 kcal

4 / 5

Medium

Body Relaxation Exercise

by Natasha Kerry

Just like any other habits, training your mind to calm down when we are ready to sleep requires practice. In this session, Natasha is going to take you through a relaxation meditation which will allow you to deepen your awareness of each area...

18/15 min

TRY SOMETHING NEW TODAY

Persian Freekeh Pilaf

with Mango Halabti and Balsamic Charred Peppers

We've packed extra flavour into this delicious dish by sauteing the freekeh in mango chutney. The sugar in the chutney loses its water content.

Get it here

30 min

677 kcal

4 / 5

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Coronavirus Info Hub

If you have any questions please contact us at health@metrix.com.au

Latest News

Things you need to know...

Recent CEO Message sent 20 May 2020

CEO Message sent 8 May 2020

CEO Message sent 28 April 2020

Display Home Safety sent 17 April 2020

Important message regarding COVID-19 and Shedin M practices sent 4 April 2020

Things you need to know...

Enough to increase your time

Stop to think

Stop to think

Stop to think

Click here for information on hygiene products for our frontline teams

COVID-19

COVID-19 has changed so much for so many, and you and your people are no exception. But the harder it's got, the harder you have wanted to stay connected and to keep delivering for our customers and each other.

To every member of our incredible team, whether you're building homes from home or giving everything on the front-line, thank you. We're proud to work alongside you, wherever you are.

Attention

Attention

Working from home (WFH) and Training Guides

Office Ergonomics

Workstation Set up and Stretches

How to install and log in to Microsoft Teams

Phone System (Cisco) - How to

Work Life Coaching

This program provides you with confidential counselling support to you and your family to access 24/7 on 1300 863 668.

Please do not hesitate to access



**LOVE
WHERE
YOU
WORK**



Merril Hotchkin

General Manager - People, Performance and Culture
Metricon

The image features a central text message, "Let's make the world a better place to work", written in a bold, dark blue, sans-serif font. The text is slightly angled upwards from left to right. It is surrounded by a dense, radial burst of lines that emanate from behind the text. Most of these lines are dark blue, but there are several lines in various colors including orange, yellow, green, light blue, pink, and purple, creating a vibrant, starburst-like effect. The background is plain white.

**Let's make the
world a better
place to work**