

Wellness offerings in Brisbane office buildings becoming more sophisticated

Landlords are focusing more on health and wellness to remain competitive, according to Knight Frank

2 November 2018, Brisbane – Health and wellness is becoming an increasingly important factor for Brisbane landlords in attracting tenants to their office buildings, according to Knight Frank.

Jamie Nason, Knight Frank’s Director, Office Leasing QLD, said wellness had been important for office tenancies for a long time, but offerings are now being finely tuned to reach a new level of sophistication.

“Owners will always have to improve their offering, particularly around the health and wellness area, to remain competitive, especially since tenants have quite a bit of choice,” he said.

“A building needs to tick every box or a landlord runs the risk of not securing the next tenant, and health and wellness is a key aspect for many tenants as it not only increases their enjoyment of the office, but attracts quality employees to their businesses.

“Landlords aren’t the only ones focusing on health and wellness offerings of course; companies are also continuing to offer more in this space, with more innovative offerings being rolled out.”

According to **Mr Nason**, the current wellness offerings in the Brisbane office leasing market are:

- **End of Trip (EOT) facilities**

EOT facilities have been in buildings for years but they are becoming much more sophisticated, said **Mr Nason**. “Owners are up-specing the standards for EOT, particularly owners of B-Grade buildings. Most EOTs now have a complimentary towel service, lockers, airing rooms, ironing boards and GHD hair dryers/straighteners.”

- **Fitness**

Major firms are subsidising gym memberships and personal training courses for their staff. Knight Frank recently had a National Steps Challenge, where around 70% of the Brisbane office participated in walking 10,000 steps over a month, which is now an ongoing initiative.

- **Yoga/meditation**

Buildings such as 340 Adelaide Street and 127 Creek Street in Brisbane have introduced yoga and meditation days which are free for tenants within the building. These are held in vacant areas of the building, and contrast from companies offering them within their own fitouts, such as boardrooms, which has been common in recent years.

- **Massage treatments**

Companies such as Knight Frank are providing massage treatments from major health fund like Bupa.

- **Animal pet days**

340 Adelaide Street offers tenants a ‘Bring Your Dog to Work Day’, with the first one being on August 14 this year. The landlord, Mirvac, was the first landlord in Queensland to offer this.

Knight Frank's Ben McGrath, Partner, Head of Queensland QLD, said in line with many companies in Brisbane and nationally, Knight Frank placed huge importance on health and wellness for employees.

"Every year we have had a national Wellness Week to coincide with RUOK Day, and this year we held events and raised funds for that cause," he said.

"This included the 10,000 step competition, with other activities rolled out being morning meditations, free neck and shoulder massages, the provision of healthy kitchen snacks, a lunchtime walking group and a month-long Friday morning touch football competition.

"The activities have proven to be very successful, and the step competition and lunchtime walking group will continue indefinitely. We walk along the riverfront or through the Botanical Gardens, or to the Farmers Markets at Brisbane Square.

"The business also closed at 3pm on Friday, September 14, the day after RUOK day, to promote ongoing work/life balance.

"Knight Frank also offers free counselling services for all staff and their families, accessible for any reason at all and at any time, without any need to talk to anyone in the business, including HR."

Mr McGrath said Knight Frank was continuing to monitor its health and wellness offerings, updating them as required.

"We are listening to what our employees want," he said. "One of the newest offerings in the pipeline as a result of employee demand is the plan to start a vegetable and herb garden.

"Not every tenancy can do this, but we are somewhat unique in having a balcony on which we can start the garden.

"Employees would be welcome to some of the produce and we would also use it for preparing food and drinks at functions held on the balcony, such as mint for mojitos and herbs for slow-cooked meats."

END

For further information, please contact:

Jamie Nason, Director Office Leasing, QLD
Jamie.Nason@au.knightfrank.com +61 434 186 721

Ben McGrath, Partner, Head of Queensland
Ben.McGrath@au.knightfrank.com +61 438 112 192

Notes to Editors

Knight Frank LLP is the leading independent global property consultancy. Headquartered in London, Knight Frank has more than 15,000 people across 418 offices in 60 markets. These figures include Newmark Grubb Knight Frank in the Americas, and Douglas Elliman Fine Homes in the USA. The Group advises clients ranging from individual owners and buyers to major developers, investors and corporate tenants. www.knightfrank.com.