

## BEST PRACTICE

LOCATION: Manufacturing - minerals  
ACTIVITY: Occupational Health  
SUB ACTIVITY: Mental health and wellbeing  
BEST PRACTICE No: BP2177  
COUNTRY OF ORIGIN:

ARTICLE YEAR: 2022  
COMPANY: Explore Manufacturing  
COMPANY LOCATION: Worksop, Bassetlaw  
COMPANY TEL: 0000

### TITLE

The Energy Project

### ARTICLE

Topic 7 - Highly Commended

Laing O'Rourke introduced 'The Energy Project' in 2020 with the aim to support their people and teams by harnessing the principles of human energy management.

The industry is notoriously associated with long hours, shortened breaks and skipping meals throughout the working day. The Energy Project was designed to counteract these industry norms by providing the tools to work more effectively. It embeds an understanding of the 4 dimensions of personal capacity; Physical, Emotional, Mental and Purposeful.



The initiative was launched at Explore Manufacturing in the summer of 2021 initially with the leadership team before being rolled out across the facility and has proven to be an incredibly positive and meaningful initiative for our people and our business.

We are committed to building a culture that fuels sustainable high performance by embedding the energy principles into our operations, giving all our people the tools to harness the principles of human energy management in order to create new and more effective ways of working to improve overall health and wellbeing.

With more engaged, focused and energised employees the business is in a position to collaboratively strive for high performance in everything that we do including importantly our Safety Performance

Please see **additional pdf** for more information about the Energy Project

### ARTICLE IMAGES