

Lawyers set the bar with wellness 'away day'

An Edinburgh law firm that believes in breaking from normal convention downed tools for the day to provide its staff with a programme of events to focus on health and wellbeing.

Gilson Gray took over The Studio on Hope Street in Glasgow city centre to allow its team of over 130 staff and 25 partners to learn more about mental health, nutrition, financial wellbeing, fitness and mindfulness.

The firm is intent on becoming the best law firm in the country with a focus on attracting the best talent within the industry and offering them a fun and a positive workplace environment.

This is the second year in a row that Gilson Gray has run a company 'Away Day', following last year's successful event at the Edinburgh International Climbing Arena in Ratho, where staff came together to work together to define the company values and culture.

Glen Gilson, Managing Partner at Gilson Gray, said: "Our focus from the very outset has been to create a company that offers the very best working environment. We strive to be more energetic, dynamic and human than traditional law firms.

"We are fortunate to have become one of the fastest growing companies in the country, which is a direct result of harnessing the collective views and energies of our whole staff base.

"This event recognises that modern employers must invest in not only commercial infrastructure, but human issues also, and deliver a programme of support for staff and their wellbeing that genuinely assists health and familial welfare.

“We welcomed expert speakers to give advice on important subjects including mindfulness, mental health, positive wellbeing, financial management and nutrition.”

Glen added: “It is concerning that 48% of UK managers do not even consider staff wellbeing as part of their responsibility.

“My experience of legacy practices in our own sector absolutely confirms this and more. We do not always get it right, but at Gilson Gray we are committed to breaking this trend.

“That is why we’ve worked in partnership with our team to understand exactly what they’re looking for in order to create this Away Day and the actions that follow upon it.”

Vanessa Kennedy, Marketing Director at Gilson Gray, said: “It’s not every day you see business leaders down tools and meditate on a yoga mat, speak openly about mental health or indeed take part in at desk yoga.

“It was great to see how open all the firm was to take part in things that to some were definitely out of their comfort zone.”

Lesley Naylor, HR Director at Gilson Gray, said: “The feedback we were able to share with staff on the progress the firm has made since the first away day was very exciting and positively received.

“Additionally, we have lots of new suggestions and ideas for continuing to keep our employee engagement and wellbeing agendas innovative and dynamic.”