

# HOUR OF EMPOWERMENT

Flight Centre Travel Group cares about the health and wellbeing of Our People, to support this every employee will receive an **Hour of Empowerment**.

## WHAT IS HOUR OF EMPOWERMENT?

1 hour per week to be used as you see fit to recognise the extras that can be part of your role, and is aimed to help you look after your physical and mental wellness.

This hour needs to be taken in agreement with your leader and rostered at least 24 hours prior, at a time that fulfills our Flexibility guiding principles. These hours will not accrue and cannot be accumulated to be used as days off.

Understandably change does happen in our business, so let's work together to make sure the time does meet all of our guiding principles. I.e. If someone calls in sick, workload changes this time may need to be rescheduled.

Hope this helps you find a little more balance in your life.



**WORKS FOR THE CUSTOMER**  
**WORKS FOR THE BUSINESS**  
**WORKS FOR THE INDIVIDUAL**



## WHAT ARE SOME SUGGESTIONS FOR THE USE OF MY HOUR OF EMPOWERMENT?

- A **WALK IN THE FRESH AIR** is a great way to get physical activity as well as clear your head.
- Try a **NEW FITNESS CLASS** you always wanted to, but couldn't find the time to go to.
- Go to your local park and spend some time being **MINDFUL, READING** or just enjoying a bit of sunlight. This is great for our mental wellness.
- Head along to your **LOCAL GYM FOR A WORKOUT** and sometime destressing. Remember we have corporate rates with Fitness Passport.
- Listen to some **GUIDED MEDITATIONS** on the headspace app.
- Spend an hour **VOLUNTEERING** each week. Giving is great for your mental wellness.
- What about taking up a **NEW HOBBY** like Yoga.