



our wellbeing ambassadors.



Bianca Gastberger

LINX Stevedore and Autocare Services Vehicle Processor

Bianca highlights how health and wellbeing "...is influenced by many factors which we need and depend on to help perform and work effectively. What may seem small to you could be big to someone else and vice versa. Everyone is different and that makes us unique, not better than or less. People cope in different ways and we all need to take a step back: recognise, listen, try and understand."



Peter Seaman

LINX CCG Executive General Manager, HSE

Peter's perspective on wellbeing is that "...it's a sleeping giant, it affects so many people, and affects quality of life so significantly and yet it's so hard to see who is impacted and needs that support." Peter's recipe to wellbeing is simple, "sunshine, friends, food, sleep, exercise and quality family time."



Chris Simpson

LINX CCG Chief Commercial Officer

Chris's passion for health and wellbeing is fueled by his perspective that "...feeling in control, healthy and energised can have a hugely positive impact on how you feel and the filter you put on your own life ...a big part of addressing these issues comes down to identifying the problem and understanding how to respond." For Chris, it "...is important to ensure I dedicate time for the things that keep me happy and level. Connecting with family and friends is something that gives me energy so making time to have regular interactions with these people is pretty important. I try to build these things into my routine so that competing priorities (like work) don't impact my ability to dedicate this time."



Mark Smith

C3 NZ Branch Manager, New Plymouth

Mark's wellbeing advice "...talk, talk and talk and ask for help." In Mark's words, looking after his wellbeing is to "...take time out for myself and enjoy the small things I used to overlook because I was always in a hurry. I have been through the highs and lows of life in my 60+ years, going through mental health issues...[which] impacted on my health, wellbeing and normal life, and I'm very motivated to talk to others so they don't fall... the same [way] I did."

start a conversation.

