

# Mental Health Month Supporters



## Mirko Milic

Mirko is a dedicated boss and businessman, having run Janrule as the Dealer Principal of Canberra Toyota, Lexus and other top 10 motor vehicle brands in the ACT, for 11 years and counting. With 8 sites across Canberra, and 400 staff, Mirko understands the importance of looking after the people without whom his business would not operate to the success it has.

The company have built in wellbeing initiatives across the workforce, from full health assessments for Management through to staff tune-ups through OZ Help, where they conduct on site visits and check ins. They have also engaged People Sense counselling at times of distress when a staff member has passed, and have engaged this again in the current lockdowns in the ACT. Mirko takes a personal stance to further engage with his staff through regular team catch-ups to ensure all staff across the state know they can reach out to him if they ever need.

Mirko himself enjoys exercise as a way to look after his own wellbeing, having enjoyed the mental and physical challenges of Kyokushin Karate over many years. And he enjoys relaxing to watch a game of AFL footy, something he played a lot of as a kid.

Mirko is very aware of the stigma around talking about mental health in a male dominated industry. “It is something that is still a bit hidden in the shadows, something that we still need to bring to the forefront of society. More needs to be done in our male dominated environment to bring it to the forefront.”

Being a Mental Health Month Supporter means Mirko has the opportunity to get exposure and bring a focus to mental health discussions in a male dominated industry, and hopes other leaders take this chance to jump on board!

Mirko and the team at Janrule have taken the Mental Health Month Wellbeing Priori-Tea program and turned it into an event that they hope will speak more directly to their staff – a BBQ for Wellbeing!