



Outside in

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Good health is at work for C1S Group.

DALLAS – It would make sense for a construction or business publication to include C1S Group in a “Best Of” list. Recently, however, the engineering, construction and sustainability firm nabbed the honor of “One of the Best Places to Work” ... in Outside Magazine. To make it even more interesting, this is the firm’s second year on the list (it jumped from 76th place in 2013 to 32nd this year).

So what exactly does C1S Group have in common with an active lifestyle and adventure-travel magazine?

As it turns out, everything. Company CEO Julie Strong and president Matt Strong want their employees to work in the same kind of nurturing, healthy environment the firm creates for its clients. For example, to ensure that employees are thinking fast on their feet and not on their seats, they are offered standing cubicles, office workout stations and elevated “collaboration stations” for stand-up face-to-face meetings. The office itself backs up to a city park, which encourages lunchtime walking laps and outdoor staff meetings.

This “let’s get physical” philosophy extends to office parties as well, with employees being gifted with gift cards for sailing cruises, hot air balloon rides and race car driving lessons. The group also actively pays their nurturing forward with multiple acts of community service at public schools, outdoor learning centers, community gardens and playgrounds.

“One of our core values is ‘work hard, play hard,’” Julie explains. “Everyone at C1S is incredibly committed and conscientious about the work we do. We care about doing it right, and that requires extra time, energy and effort. When you work that hard, you have to balance it out with a healthy dose of fun. We all want to feel productive and challenged and appreciated for what we do at C1S. Then we want to go out into the world and give the rest of ourselves to the stuff we love – friends, family, community, church, travel, whatever. It’s important to me, so I imagine it’s important to everyone else. We just try to walk our talk on ‘work-life’ balance.”

Dallas-based C1S Group is an engineering design and construction firm specializing in LEED EB for industrial and manufacturing, and also provides energy management services. –mjm