

A woman in a white t-shirt is pointing at a presentation board in a meeting. The board has various papers, a yellow sticky note with the number '2', and a yellow sticky note that says 'Awesome'. There are other people in the background, including a man in a blue shirt and a woman in a beige blouse holding a coffee cup.

# NESPRESSO®

PROFESSIONAL

## 9 TIPS

TO HELP  
EMPLOYEE  
WELLBEING

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**WELLBEING**  
IS ALL ABOUT  
FEELING GOOD.  
IT'S HOW YOU  
EXPERIENCE LIFE,  
AND EVERYTHING  
HAS AN IMPACT.

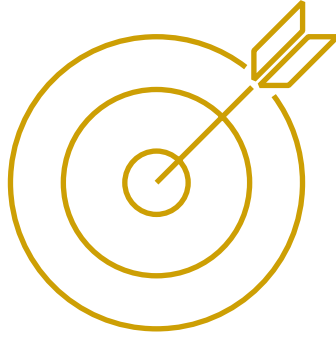
**PRIORITISING  
WELLBEING IN THE  
WORKPLACE CAN  
INCREASE EMPLOYEE  
ENGAGEMENT BY**

**31%**<sup>1.</sup>

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This can lead to an  
overall improvement  
in their performance.





**AND, HAPPY  
EMPLOYEES CAN  
HELP CREATE A  
21%**

**INCREASE IN  
PROFITABILITY  
FOR YOUR  
COMPANY<sup>2</sup>.**

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Here's a few handy hints and tips to help you improve the wellbeing of your employees – and the performance of your business.



# OFFICE DESIGN

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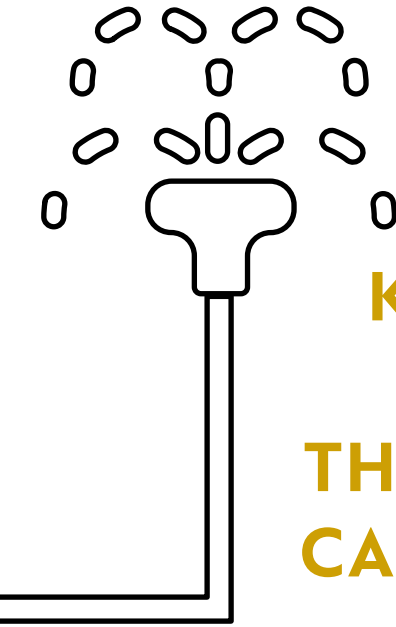
Your workspace can  
have a huge impact on the  
happiness of your employees.



**OF THOSE STUDIED,  
STAFF EMPLOYED IN  
WORK ENVIRONMENTS  
WITH NATURAL  
ELEMENTS ARE 6%  
MORE PRODUCTIVE  
15% MORE CREATIVE,  
AND REPORT A  
15% HIGHER LEVEL  
OF WELLBEING<sup>3</sup>.**

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## TIP 1



**PLACE WATER FEATURES AT KEY LOCATIONS THROUGHOUT THE OFFICE FOR A CALMING EFFECT.**

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**ADD PLANTS TO THE ENDS OF DESKS AND WINDOW LEDGES TO CREATE A 'GREEN' FEEL. JUST ONE PLANT PER SQ. METRE COULD IMPROVE MEMORY RETENTION.<sup>5</sup>**



## TIP 2



## TIP 3

INTRODUCE  
‘FUN’ ZONES AND  
BREAKOUT AREAS TO HELP  
IMPROVE CREATIVITY,  
COLLABORATION  
AND PRODUCTIVITY<sup>6</sup>.





**REMEMBER,  
FOCUSING  
ON EMPLOYEE  
WELLBEING WILL  
BENEFIT EVERYONE  
AT THE COMPANY,  
AND CAN  
CONTRIBUTE  
TO ITS OVERALL  
SUCCESS.**

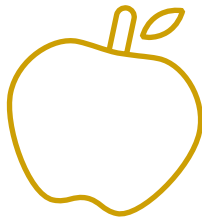


# SMALL PERKS IN THE WORKPLACE

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Employee health and fitness is related to workplace wellbeing. A happy, healthy and empowered workforce is more likely to perform better, take fewer sick days, and give better customer service, boosting a company's productivity<sup>5</sup>. Luckily, there are many inexpensive, simple and fun things you can do to encourage healthier attitudes in your workplace.

## TIP 4



**PROVIDE  
EMPLOYEES WITH  
FRESH FRUIT<sup>7</sup>.**



**OFFER OPPORTUNITIES  
FOR EXERCISE, LIKE  
A CYCLE-TO-WORK  
SCHEME.**

## TIP 5

## TIP 6



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**MAKE SURE  
STAFF TAKE  
REGULAR BREAKS  
AND PROVIDE  
HIGH-QUALITY  
COFFEE FOR THEM  
TO ENJOY.**

**KEEP IN MIND THAT**

**65%**

**OF EMPLOYEES TAKE  
AT LEAST ONE COFFEE  
BREAK A DAY, AND**



**84%**

**OF STAFF FIND THAT  
COFFEE BREAKS CAN HELP  
TO RELIEVE STRESS<sup>8</sup>.**



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COLLABORATION AND  
**CREATIVITY**

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**WHEN ASKED WHAT  
CHANGES WOULD  
HAVE THE GREATEST  
IMPACT ON THEIR  
ORGANISATION'S  
OVERALL  
PROFITABILITY,**

**56%**

of respondents ranked a collaboration-related measure as the top factor. Collaboration and teamwork are vitally important in every workplace. **Try creating collaborative thinking spaces and meeting points where employees can chat and share ideas whilst they savour a hot cup of coffee'.**

## TIP 7

**CREATE  
COLLABORATIVE  
WORKING SPACES  
AND PROVIDE  
REFRESHMENTS  
IN THESE AREAS.**





## TIP 8/9

**ENCOURAGE  
EMPLOYEES TO WALK  
AROUND AND USE  
THESE FACILITIES.**



**AVOID ONE-PERSON  
DESKS AND INSTEAD  
OPT FOR BOOTHS AND  
CURVED SOFA SET-UPS.**



Companies who invest in better collaboration can see up to a **520% improvement in productivity, efficiency, and success<sup>10</sup>**.

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You don't need to spend 'big money' on this either; 2 in 5 employees have creative ideas during coffee breaks, and this rises to **46% among those who have coffee available at work<sup>8</sup>**.

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So, **when people feel like they're a part of a team**, they're more likely to have an inspired thought, which is great for their overall happiness and engagement.



# THE NESPRESSO WAY

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At Nespresso, we understand the value of quality coffee moments in helping your employees to feel creative and collaborative. We'll help you find the perfect workplace solution with our dedicated range of professional coffee machines, and over 13 types of coffee in a variety of intensities to enjoy.

# NESPRESSO®

PROFESSIONAL

To create meaningful  
coffee moments  
for your workplace,  
choose Nespresso.

*what else?*

VISIT OUR WEBSITE

<sup>1</sup> <https://www.hrdconnect.com/2017/07/19/importance-of-having-highly-engaged-employees-in-your-organisation/> | <sup>2</sup> <http://www.vrmintel.com/engaged-employees-lead-profitable-business-outcomes/>

<sup>3</sup> <https://www.saraceniinteriors.com/blog/employee-productivity-and-well-being-connected-to-office-design/> | <sup>4</sup> <https://workdesign.com/2012/12/pros-and-cons-of-workplace-water-features/>

<sup>5</sup> <https://www.theguardian.com/money/2014/aug/31/plants-offices-workers-productive-minimalist-employees> | <sup>6</sup> <https://www.flowoffice.co.uk/importance-key-benefits-breakout-areas/>

<sup>7</sup> <https://fitforwork.org/blog/wellbeing-initiatives-to-reduce-absenteeism-and-presenteeism-at-work/>

<sup>8</sup> Beyond a beverage: the hidden value of coffee and coffee breaks in the workplace – A Comres and Nespresso Research 2017 | <sup>9</sup> <https://www.wrike.com/blog/business-benefits-of-team-collaboration/>

<sup>10</sup> <https://droplr.com/blog/quantifying-the-value-of-workplace-collaboration>