

NESPRESSO[®]
PROFESSIONAL

TRANSFORM YOUR WORKPLACE

A QUICK GUIDE





DISCOVER YOUR DESTINATION WORKPLACE

“A destination workplace, or village, would be somewhere that ensures all an employee’s needs are met and therefore, when employees have a choice of where to work, they choose to work there.”ⁱ

As your team continues to evolve, it’s important that your office design caters to the needs of a multi-generational workforce.

From your reception area to your employees’ desks and breakout spaces, **implementing simple changes across your workspace has the power to transform your business, which in turn makes it better for all who work there.**

This in turn will help ensure you’re getting the best performance from every one of your employees, as research shows that **creating the right environment for staff can have a positive impact on their health and wellbeing, as well as job satisfaction and productivity levels.**ⁱⁱ

So, to help you create the ultimate destination workplace, we’ve put together this quick guide...



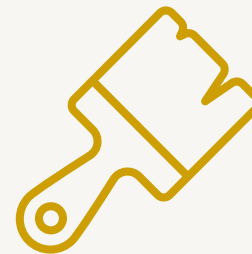


MAKE ROOM FOR MINDFULNESS

“Walking into a bright, visually colour-diverse space stimulates the brain and the production of endorphins that reinforce a feeling of wellbeing and enthusiasm for the job at hand. But entering a monotonous, dreary or dark office can cause workers to psychologically link their workplace to feelings of drudgery and constriction.”ⁱⁱⁱ

The design and layout of your office can have a significant impact on the wellbeing of your employees^{iv} – and given the many different personalities of the members of your workforce, it’s important to provide a variety of different spaces to reflect this.

HERE’S A FEW IDEAS TO HELP YOU...



CHOOSE THE COLOURS OF YOUR OFFICE CAREFULLY.

Blue is known to stimulate the mind, which can increase productivity. Yellow stimulates emotion, making it ideal for creatives. Green can create balance, calmness and reassurance, whilst red evokes a sense of urgency.^v



**BRING NATURE
INTO THE OFFICE
WITH A LIVING WALL.
THIS CAN IMPROVE
PRODUCTIVITY BY 15%.^{vi}**

This can be achieved on a shoe-string with DIY air plants, or you could even create an indoor herb garden to encourage employees to add a healthy garnish to their lunches.



To meet the needs of every member of your team, make the most of your existing office space by creating a variety of areas – **from cubicles and an open-plan environment, to collaborative innovation hubs and meeting rooms.**



MAKE THE MOST OF YOUR PERSONAL DESK

THE AVERAGE WORKER SPENDS **67 DAYS OUT OF EVERY YEAR AT THEIR DESK^{vii}** – WHICH MEANS THE WAY YOU CHOOSE TO SET UP YOUR PERSONAL WORKSPACE HAS A SIGNIFICANT IMPACT ON YOUR EVERYDAY EXPERIENCE.

Studies have also found that employees personalise their desks for a number of important reasons, including **‘communicating difference, starting conversations, and reminding oneself of identity’^{viii}**. So, with this in mind, here are our top tips to help you and your employees make the most of your desk spaces, and make sure you feel your best every hour of the working day...



Ask your team to bring in their favourite motivational images and quotes to place around their desks, **and keep morale at an all-time high.^{ix}**



For those that like it, **encourage your team to keep some peppermint oil on their desks**, as this scent simulates your brain, and can enhance cognitive performance.^x



Ensure chairs are slightly reclined, as this is the best way to reduce pressure on your spine and minimize lower back pain.^{xi}

TAKE NOTE OF NEW TECHNOLOGY

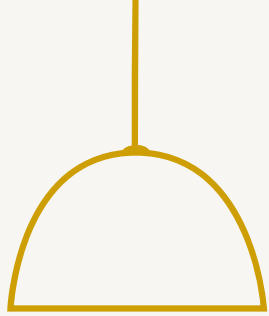
“Everything from the food employees eat, to the technologies they use to get their jobs done, and the office spaces they work in are all a part of the employee experience.^{xii}

In a world where money is no longer the primary motivating factor for employees, focusing on the employee experience is the most promising competitive advantage that organisations can create.”

With so many processes now digitised and many more becoming automated, technology is an inescapable staple in almost every working environment.

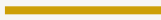
Finding ways to incorporate the latest technologies into your office environment is therefore fundamental to ensuring your business stands out in your industry as a creative and innovative enterprise.





SAD LIGHTS ARE SAID TO HELP COMBAT SEASONAL AFFECTIVE DISORDER

- research has shown that office workers with greater light exposure are more alert.^x



ENCOURAGE YOUR EMPLOYEES

to download and use mindfulness apps on their breaks^{xiii} – as they can help your team with everything from honing their focus and sleeping better to combatting anxiety and reaching healthy lifestyle goals.



HOW TO GET THE BEST OUT OF YOUR NESPRESSO® PROFESSIONAL EXPERIENCE...

75%

of UK employees agree that having high quality coffee available in the office suggests that their employer cares about their wellbeing at least to some extent.^{xiv}

So, ensure you have a range of different coffee capsules available for your machine, so you and your employees can pick the cup to best suit your mood – whether it's a your favourite Lungo or a sweet and smooth Espresso Caramel.



Space to relax at work is the key to increased productivity for 1 in 5 office workers.^{xv}

With this in mind, create comfy break out areas in your workplace, so you have somewhere to decompress, and really enjoy your coffee experience.



MAKE THE MOST OF YOUR WORKPLACE WITH
NESPRESSO® PROFESSIONAL

With a **Nespresso®** Momento machine, you and your workforce can discover different ways to enjoy your coffee blends, so you can make every cup perfect for the moment.

