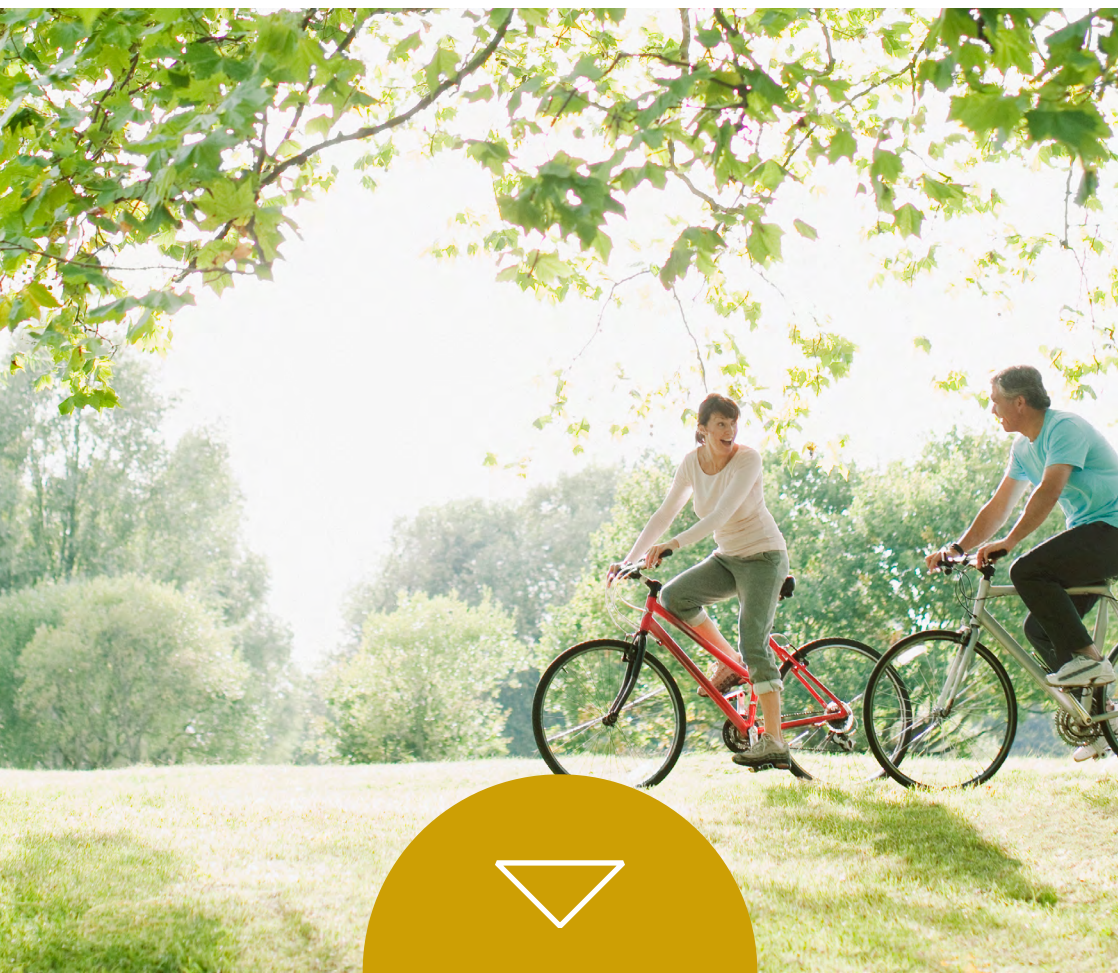


NESPRESSO[®]

PROFESSIONAL

MAKE
THE MOST
OF YOUR WEEKENDS





**ALMOST EVERYONE LOVES A
LIE IN ON A SUNDAY MORNING –**

but could your weekend spent
snoozing be put to better use?

**To maximise your potential
during your time off,**

we've compiled a list of tips
based on how successful industry
leaders spend their weekends.

You'll not only start your week
feeling better, but it might just
help your career too...

TIP 1

MAKE TIME TO MEDITATE

Many professionals **incorporate meditation as part of their morning routines**, and for good reason.

From reducing anxiety to heightening creativityⁱ, this is a fantastic tool for a peaceful and productive weekend.



PRACTISE PRIORITISING



**Things don't have to change
the world to be important.**

Taking time away from work to spend valuable time with friends, family, or even yourself might not win you that next big client, but having a good work-life balance can help **increase your productivityⁱⁱ**.

TIP 2

TIP 3

BE GRATEFUL

Successful professionals have been known for **taking time to note down the things they are grateful for every day.**

And with the links researchers are finding between gratitude, **better healthⁱⁱⁱ and increased happiness^{iv},** they might just be onto something.



TIP 4

PREPARE FOR WHAT'S AHEAD

Instead of letting that Sunday evening feeling of the impending Monday morning affect you, **use your time to reflect on the past week, and prepare for the week ahead.**

Think “reflection, feedback, strategy and preparation” so that you can make next week better than the last^v.

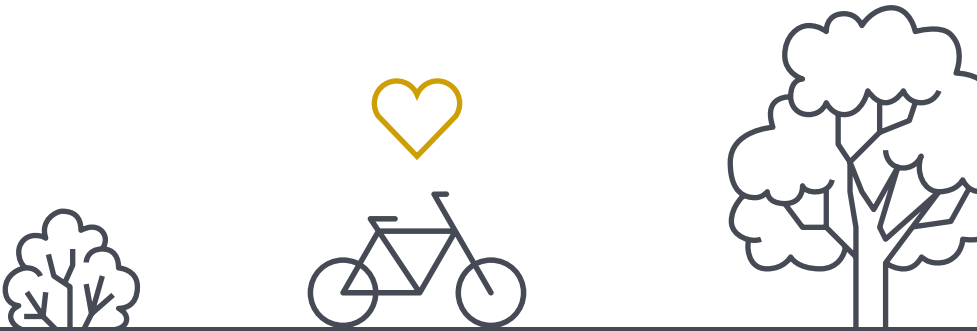


TIP 5

KEEP ACTIVE

People who are successful credit understanding the importance of the body in relation to mind, with the health of one not being mutually exclusive from the other^v.

So try a new active hobby to get yourself moving.



From kitesurfing to walking, being active can help to **aid success** through fostering creativity and helping you to **relieve stress^{vi}**.



ACCOMPLISH MORE WITH AFFIRMATIONS

**Many successful professionals
take the time to partake in
some self-affirmation.**

Using positive statements to challenge negative or unhelpful thoughts is simple and can not only **boost your motivation and self-esteem, but reduce stress levels and help you to become more resilient^{vii}.**

TIP 6

TIP 7

VOLUNTEER LIKE A VISIONARY

Volunteering can have many hidden benefits which is why we see many successful professionals partaking in volunteer work.

Giving free time to a charity can **provide mental and physical benefits**, and can even help **build your career by allowing you to practice important skills used in the workplace^{viii}**.



TIP 8

UNPLUG AND UNWIND

Not only do successful professionals take time away from work at the weekends, **but they also switch off their electronics.**

Taking the time to unplug can **improve your eating and sleeping habits**, and helps to **improve your overall mental health^{ix}.**



THE NESPRESSO WAY

At **Nespresso®** Professional
**we believe in celebrating
well-being in the workplace,
and in the value of a quality
coffee moment.**

Which is why we offer a range
of coffee blends, tailored coffee
solutions, and flexible payment
options, so that we can recommend
the right solution for
your workplace.



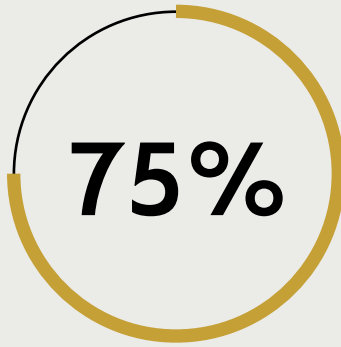
To find out more about how
high quality coffee could
transform your coffee breaks,
read what **leading psychologist**
Emma Kenny has to say...



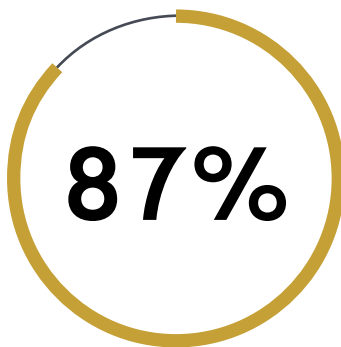
“

Research has shown that
when you provide your
staff with small perks,
they report feeling
happier, more productive
and creative^x.

”



of UK employees agree that having a high-quality coffee available in the office suggests that **their employer cares about their well-being to an extent^{xi}**.



of employees in the UK say small perks are **crucial in retaining good staff^{xi}**.