



Fun at Work Research



100% of employees surveyed say:

- They all can use more fun at work
- They want more excitement and energy at work
- They want to create a dynamic team of individuals working together as partners in the company's success.

With today's heightened pressure for employees to work longer hours, produce more for their organization, and in many situations with less resources, this constant stress takes its toll on our mental health and often results in wear and tear on our emotional capacity to cope.

Recent surveys of participants in Powerful Play Experiences workshops confirms “Fun at Work” as an essential element for the health & wellness of the body, mind and soul.

Participants were asked to evaluate their participation in a Powerful Play Experiences workshop in relation to the benefits immediately following the workshop, as well as the hours after the workshop when they returned to work.

The participants reported the following benefits:

- Set the tone to feel positive, be happy and ready to take on the day
- Improved attentiveness and readiness for the day's activities (memory, stamina)
- Raised levels of energy
- Heightened concentration and alertness
- Introduced the important element of fun and laughter into our teamwork model
- Strengthened the relationships with co-workers through the joy of play
- Created close connections with co-workers
- Re-established special bonds and created new ones with co-workers
- Alleviated stress levels
- Stretched and challenged our imaginations and creative thinking

Isn't it interesting how simple it is.

Wellness at Work Through the Power of Play



Powerful Play Experiences

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