H HOSPO HEALTH

Fun at work

Who says work can't be fun? Not us!

Fun at work is like a party where everyone's invited, and there are plenty of reasons why we should RSVP yes!

First off, having fun can **boost our morale and make us more productive.** Plus, it's a great way to **reduce stress and recharge** our batteries, so we're ready to take on the day.

Fun activities also help us connect with our colleagues and get engaged with our work. And when we're feeling creative, we can come up with innovative ideas that will impress our boss and benefit our company.

Finally, when we're having fun, we're more likely to stick around and make **long-term commitments to our employer**. So let's party at work and create a workplace culture that's both successful and fun! Here are some great ways to get started:

- Plan team outings: organise fun team outings, like go-karting or mini golf, to give everyone a chance to bond and have a good time outside of work.
- Host friendly competitions: plan friendly competitions among your staff, like trivia or food challenges, to promote teamwork and camaraderie with some laughter.
- **Dress up days:** hold theme days, like 'ugly sweater day' or 'Hawaiian shirt day' to encourage some light-hearted fun and creativity.
- **Celebrate events :** take advantage of events such as St Patricks Day or the World Cup. Decorate the workplace, organise costume contests or games, and have some fun.

5 Games in the staff room:

create a fun staff room by adding games like 8 ball or fusball, board games, or a video game console.

Surprise treats:

hold a surprise pizza day, or arrange a coffee and donut van and show appreciation to your team and inject some fun into the workday. By making fun a priority you can create a more enjoyable work environment.

So let loose, be silly and have some fun!



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