

THE CHARGE

FEBRUARY 2018

SHARE   

FORWARD TO YOUR FRIENDS

BLOG

CONTACT US

POP WORKPLACE STRESS AWAY

83%

OF US WORKERS ARE STRESSED OUT AT THEIR JOB.

25%

VIEW THEIR JOB AS THE NUMBER ONE STRESS IN THEIR LIVES.

STRESSED EMPLOYEES
=
DISENGAGED EMPLOYEES



SOURCE: The American Institute of Stress

STRESSED EMPLOYEES

33%

heavy workload/looming deadlines

22%

unrealistic expectations of managers



Source: Accountemps

22%

attaining work-life balance



15%

coworker conflict



HAPPY EMPLOYEES

Employees who use their strengths, skills and abilities every day are:

6X More likely to be engaged at work.

8% More productive.

15% Less likely to leave their job.



Source: Gallup

TRANSFORM FROM STRESSED TO HAPPY

HAVE PROFESSIONAL DEVELOPMENT OPPORTUNITIES AVAILABLE FOR GROWTH



RE-VISIT COMPENSATION TO AVOID EMPLOYEES LOOKING FOR ANOTHER JOB.



ENCOURAGE MINDFULNESS WITH YOUR TEAM.



REDUCTION IN RESPONSIBILITY. TRY NOT TO OVERLOAD YOUR EMPLOYEES WORK LOAD.



ENCOURAGE EMPLOYEES TO MOVE AROUND. TAKE A BREAK. GIVE YOUR MIND A REST TO REGROUP.



Source: <https://www.tinypulse.com/blog/stats-stress-in-the-workplace-how-to-remedy-them>

"WORKING HARD FOR SOMETHING WE DON'T CARE ABOUT IS CALLED STRESS. WORKING HARD FOR SOMETHING WE LOVE IS CALLED PASSION." - SIMON SINEK



1.866.855.6733 | info@energy2engage.com

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