COFFEE BREAK
"HOW TO IMPROVE PRODUCTIVITY"

"Give your brain a break" Déconnecter le cerveau

Connection between micro breaks & performance
Experts say: "our brains can't be 'on' all the time"
- Recharge
- Store knowledge
- Gain new energy
- Create ideas

Recognize the quality of coffee
90% employees equals good coffee & company well-being

Un détail essentiel "Quality coffee"

US Survey:
85% think regular breaks workers
= more productive
= 59 % happier

"A gathering place" Plus qu'un simple lieu

'Coping communities' concept:
Origins: Danish, share perspectives and ideas
deal with stress & pressure

79%: boost team spirit
91% ideal for human & personal exchanges

Office environment = stressful place
Example:
Growing frequency of emails

Coffee place
break the sedentary rhythm
socialize with co-workers
improve work relationship
Reinforce spirit of belonging