

# NEWSLETTER

MARCH 2024



## EXCITEMENT IN THE WORKPLACE

A sense of purpose, engaging tasks, a supportive environment, growth opportunities, and recognition are all factors that can contribute to your excitement to come to work every day. Take the time to reflect on these aspects and make any necessary changes to enhance your daily work experience.

### What are the benefits of excitement?

1. Increased energy: Excitement can give you a burst of energy and make you feel more energized and alert.
2. Enhanced focus: When you are feeling excited, you may be more focused and attentive, which can help improve your productivity and performance

### Why is excitement important in the Workplace?

This is because raised excitement level will result in the largest business impacts (i.e., more and better work getting done faster, as well as higher rates of retention and innovation). At the same time, it will also make a manager's job significantly easier.

### What are you excited about at work?

There are many great examples. For instance, it could be a healthy work environment that fosters collaboration and teamwork. Alternatively, it could be having a solid work / life balance, gaining opportunities to continue developing your career, employee-sponsored benefits, or the chance to advance within the company.



### How to Make the Workplace More Exciting

With half of an individuals waking days spent on the job, the workplace should be a place you and your employees want to be. You want to liven up the workplace without increasing anyone's stress level, while trying to design excitement that will appeal to the largest number of people. Get everyone involved in the planning fun, whether they come up with ideas or serve as judges. It doesn't take a lot of money or time; luckily, its the simple things that often work best.

### Good Attitude

Every workplace has them: the sad sacks, complainers and doomsayers who are anything but fun. Attitudes are contagious, so bring a positive attitude and it will catch on. Smiling sends a message of happiness to the brain and helps relieve stress. Talk about the positive aspects of the business and solutions for any negatives.

### Show Appreciation

Thank workers for the things they do to make the job better. Many times, people only speak out to complain, so a simple, verbal thank you is always a welcome surprise. A hand-written note goes one step further. If someone has gone well above and beyond the job for you, a box of candy or a thank-you lunch are appropriate. People are happier when they feel appreciated, and happy people make the workplace more fun. Add humor to your thanks by offering a silly reward such as spraying your hair blue if someone can accomplish a difficult, stressful task. Or start a formal reward program that recognizes worker accomplishments with cash awards.

### Bring Food

Surprise your employees by bringing food to a meeting. Eating together builds camaraderie and lightens the mood. Make sure the food encourages relaxation rather than increases stress. Donuts, cookies and bite-sized sandwiches or pizza are casual, fun and relaxing, while a fancy lunch even if it's brought into the office makes everyone worry about manners and spilling their food.

### Change The Scenery

It's difficult to be creative sitting all day in a cookie-cutter cubicle or around the conference room table. Shake things up by holding a meeting outside, at a picnic table or on blankets in the grass. Have a working lunch at a lively restaurant. Let others plan the next outside meeting for some fresh ideas.

## Schedule the Fun

Plan positive activities that bring everyone together during and after work. Playing a sport or game together lets everyone view each other in a different, lighthearted setting. Keep it fun don't let it turn into critical competition.

Before you start a softball team, take a vote. Maybe the majority would rather bow. Rotate staff members every few months to keep new ideas evolving. Establish ground rules that ideas can be silly and outlandish, but not demeaning or insensitive to anyone.

## Friendly Competition

Another way to make things more exciting is to introduce competitions with fun or unusual awards. Start contests everyone can get in on. Contests can be specific, such as Best Sales Letter, or geared for everyone, such as Attitude of the Week. Choose judges that will be impartial one from each department perhaps and rotate them periodically.

## How to create a fun but productive work environment

- Trade “forced fun” for organized fun. Your team members are individuals with different personalities and interests.
- Foster a positive environment.
- Encourage quick, fun breaks.
- Share meals.
- Build rapport.
- Choose your own adventure.
- Create challenges and embrace gamification.

## Things that can get you excited at work

- Making a difference. It is said that helping people makes you feel even better than the way you make them feel.
- Improving your skills.
- Receiving recognition.
- Contribution to the growth of the business.
- Finding new solutions.
- Your colleagues.
- The sense of belonging.

# EMPLOYEE APPRECIATION DAY 2024

Employee Appreciation Day is a special occasion celebrated annually on the first Friday of March. The day serves as a dedicated moment to express gratitude and recognition for the hard work, dedication, and invaluable contributions of the individuals who form the backbone of an organization. It is a heartfelt acknowledgement of the collective efforts that transform a workplace into a thriving community.

## EMPLOYEE APPRECIATION DAY : FAMOUS QUOTES

- “By putting the employee first, the customer effectively comes first by default, and in the end, the shareholder comes first by default as well.”- **Richard Branson**
- “Good manners are cost effective. They not only increase the quality of life in the workplace, they contribute to employee morale, embellish the company image, and play a major role in generating profit.”- **Letitia Baldrige**
- “Employees who believe that management is concerned about them as a whole person not just an employee are more productive, more satisfied, more fulfilled. Satisfied employees mean satisfied customers, which leads to profitability.”- **Anne M. Mulcahy**
- “So, being a good man is not an exam or a qualification, it changes, and it incorporates being a good friend, a good father, a good employee, a good boss, a good neighbour and a good citizen.”- **A. A. Gill**
- “Employee of the month is a good example of how somebody can be both a winner and a loser at the same time.”- **Demetri Martin**
- “Employee loyalty begins with employer loyalty. Your employees should know that if, they do the job they were hired to do with a reasonable amount of competence and efficiency, you will support them.”- **Harvey Mackay**
- “One thing an exceptional employee never says is That’s not in my job descriptions. Exceptional employees work outside the boundaries of job descriptions.”- **Travis Bradberry**
- “If the world operates as one big market, every employee will compete with every person anywhere in the world who is capable of doing the same job. There are lots of them and many of them are hungry.”- **Andy Grove**
- “It might be said that it is the ideal of the employer to have production without employees and the ideal of the employee is to have income without work.”- **E.F. Schumacher**
- “If you are only doing what you are getting paid for, and doing it no better than the average employee, then your pay is most likely right where it should be.”- **Bo Bennett**

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## Ask Dr. Metete

**QUESTION:** I just discovered that I no longer feel excited to be at my place of work. Each time I think of going to work, it makes me feel a kind of way that I can't explain and it's making me fall into depression. What do I do?

**ANSWER:** You need to take time off work to either have (me) time which means you have to be by yourself to get your sanity back or you need to engage in games or fun activities organized in the office so as to relax and reduce burnouts.



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## ABNM HR UPCOMING EVENT

Are you looking for employment in the HOSPITALITY industry?

- Training Duration (6-8 weeks)
- Certificate after training
- Hands on Training

Criteria for registration

- Must be able to read and write
- For Chefs (must have attended culinary school)

Training Positions

- Caregiver/Nanny
- Security guard
- Driver
- Chef
- Kitchen Assitant
- Waiter/Waitress
- Barman/Mixologist
- Customer Service

*Registration is on-going, Call to secure your slot.*

Email us: [recruitmentabnmhr@gmail.com](mailto:recruitmentabnmhr@gmail.com)

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