

## What makes us happier at work?

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Many surveys have been carried out. Many theories have been considered and conclusions drawn. And importantly does the company gain if we are happier i.e. are workers more productive?

Happiness at work according to several reports comes down to

- Being appreciated – a thank you for work done
- Shorter working weeks or less hours
- Money – pay rises, bonuses etc
- Freebies – free canteen in recognition of hard work
- A meaningful job

And so on; reasons are cited often. Many of these reasons are implemented by some companies but are there other ways?

### Showing the company cares

A company that is interested in their workforce will reward them and this can be appreciated. But rewards don't always come in the form of money or freebies.

A company with a good policy on the wellbeing of the workforce is a well received perk. Many companies offer gym facilities on the premises for instance or special rates to a local club. Exercise is encouraged by having space to 'park' your bicycle at work and much more.

Another way to show you care about your workforce is by including interior planting. Even better if you let them have their say about their work space too.

### Word-up for plants

Plants make us feel happier and more positive. It's true and there's plenty of research to back it up.

Virginia Lohr, Roger Ulrich, Tina Maria Cade, John Berg, Margaret Burchett and Craig Knight have all found that plants both improve our mood and our performance. Productivity shoots up, our powers of creativity are increased. Plants are wonderful things.





## Just the facts

- Virginia Lohr – plants improve productivity by 12%
- Roger Ulrich – we are up to 15% more creativity in the presence of plants
- Tina Maria Cade – we feel more positive about our work and our colleagues in planted offices
- John Berg – plants improve our concentration especially if we stare at a computer screen for more than 4 hours a day
- Margaret Burchett – plants improve our mood by reducing negative feeling by between 40 -60% resulting in better performance
- Craig Knight – much improved productivity and creativity especially when workers are empowered to take control of the work area: productivity up by 32 – 38%; creativity improves by 45%.

And guess what the workforce is also happier!

See [Plants – our perfect partners](#)

