

<b>BTS Comptabilité et Gestion</b>		<b>SESSION 2021</b>
Langue vivante étrangère : <b>Anglais</b> Epreuve orale obligatoire E12	Durée : 20 minutes de préparation, 20 minutes d'épreuve	Page 1/1

**Sujet n°5**

## **How to Encourage Healthy Habits in the Workplace**

If you're a leader in your workplace, your employees' health may be part of your managerial strategy as can have a significant impact on your team's performance.

A focus on wellness can lead to improved productivity, morale even loyalty Healthy employees also take fewer days off to care for themselves and family members leading the employee to need fewer sick days. So, change the company culture.

Be aware of how you respond when someone calls in sick. Make sure you're showing more concern about how they're feeling than how they'll get their work done. You can also provide options that allow employees to work from home through access to a laptop, cellphone and a secure connection to company files.

10 Eliminate unhealthy snacks temptations, and replace them with healthier options, such as trail mix, bottled water and fresh fruit and offer classes such as Yoga, cooking, tai chi, gardening, aerobics, stress management — the options are endless. It can be an outdoor group walk, bike ride or a team baseball game. Get your employees out from behind their desks and moving!

15 This is particularly effective for brainstorming meetings. The change of scene can help employees relax, open up and get creative. If possible, you can also allow your employees the option to take their laptops outside to work regularly. The fresh air can help improve their physical, mental and emotional health.

20 But be sure to attend yourself. As a leader, it sends the message that you support the activity, which can help motivate those who may be reluctant to join. Who doesn't want to impress the boss while having a little fun?

*Adapted from careerattraction.com, Nov 2020*