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# SHAKING OFF SICK DAYS



The relationship between employee health and wellbeing and your bottom line are hot topics at the moment, a factor business owners ignore at their peril. Indeed a recent survey from Warwick University found that happy healthy workers are 12% more productive overall.

It isn't just productivity that benefits when employers take action on health and wellbeing either, studies have shown that staff retention improves too.

As Anne Mulcahy, former CEO of Xerox said: "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."



Experts agree, Mark Johnson, co founder of Mojo Active, one of Bristol's largest outdoor activity centres specialising in team-building, says well-being in the workplace is becoming more and more important. Companies must recognise that people want more out of work than just a salary at the end of the month. To retain or attract the best people and ensure teams are fully productive, companies need to ensure staff feel valued and trusted to do their work but at the same time feel empowered to have a laugh with their colleagues.

Mojo Active has helped run hundreds of team-building sessions for many companies, ranging from small teams focused on improving team-dynamics, to large corporate days for groups of 1000+.

A great deal of Mojo Mark's experience has been in training Royal Air Force aircraft crew in stressful environments, so he knows how essential good team-work, communication and trust are to building high performing teams. His tried and tested military techniques and exercises can be adapted to develop team cohesion within the commercial environment.



Of course ensuring the team-building activities are suitable for your workforce is key to their effectiveness, one size certainly doesn't fit all, and most businesses have a diverse range of employees as regards age, gender, ethnicity, abilities and disabilities. Mark and his Mojo Active team are very experienced in designing team building activities that will bring out the latent abilities in your team without overstretching some, and making sure everyone is having fun.

When we spoke to Juliette Platt, Mojo Active's Marketing Manager she told us how fascinating it can be seeing people displaying unsuspected talents like the somewhat "unsporty" accounts clerk who beat everyone hollow at archery and the shy apprentice who "led from the front" in the Mojo Adventure Challenge.

Many local companies e.g Airbus, like to combine an off-site meeting in one of Mojo Active's well-equipped meeting rooms with a range of Mojo's team-building activities including blind 4x4 driving, low ropes and the field gun challenge.

Delegates are more engaged by an off-site meeting when there is no risk of someone popping their head round the door to call someone away for "just a moment". There is also always a keen sense of anticipation as to what the rest of the day might hold.



Set amid a 150 acre site with a large team of experienced, safety conscious activity leaders Mojo Active can cater for any size or type of group, and your team will be in safe hands whether it's to reward team success, focus on improving team dynamics or to give your team some fun and show they are appreciated.

"You cannot under-estimate the value of these (Mojo Active) team-building events in keeping a happy, engaged and productive workforce!" Henry Easterbrook - Hydrock

Mojo Active is easily accessible from the M4/M5 at: Over Court Farm, Over Lane, Almondsbury, Bristol BS32 4DF  
For directions, and more information, please visit: [mojoactive.co.uk](http://mojoactive.co.uk), call 01454 660075 or follow the latest news on Facebook or Twitter