



Being ourselves at work

If someone is going through a rough patch in their personal life, offer to help but know when to give a little space.

Conversely, celebrate success and milestones that happen outside the workplace.

Everyone will have a lot more fun if they feel they can be themselves at work.



Five Minute Fitness Band Time

Fitness bands can be a great way to get good exercise at work. Consider purchasing fitness bands for each of your team members. Encourage each person to bring them to team meetings.

A number of exercises can be found in Pastor Tom Hafer's Faith and Fitness book.

This is a great way to build a team and enjoy exercise.