

## How playing sports helps prepare employees for success

The month of May—National Physical Fitness and Sports Month—is a great time to recognize how skills nurtured through sports participation can help employees succeed on the job.

- Physical and mental fitness: People who train for and engage in athletics develop strength, discipline, and endurance that make them more resilient and energetic at work. It also helps them stay healthier in the long term.
- Confidence and decisiveness: In both sports and business, a deep commitment to a positive outcome, a trust in one’s own abilities, and the willingness to pivot when needed, creates a more likely path to success.
- Team building: Communications skills and team work honed while playing sports, are attributes that prove valuable in fulfilling both collaborative or leadership roles at work.

Here are some ways in which you can bring the “power of sport” into your workplace:

- Provide a place for employees to play a sport onsite, such as ping pong. Organize doubles tournaments to encourage friendly competition, camaraderie and physical activity.
- Sponsor groups of employees’ participation in a city sports league.
- Offer quarterly, company-wide, off-site recreational opportunities that involve sports.
- Participate in organized athletic challenges (such as the iWalk Challenge – see separate story) that allow employees to compete as a team.

