

The only thing we do better than installing floors is building relationships.

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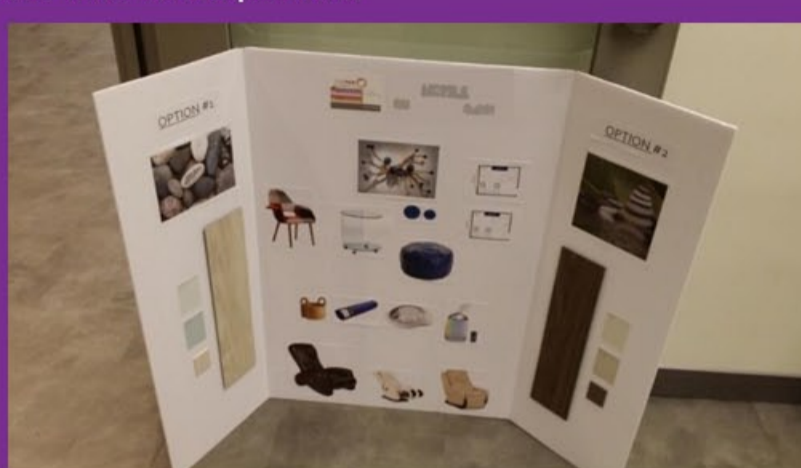
Small Spaces --- Oh the Possibilities!

Year end was fast approaching and TeamPAR's phone rang. Our client had a unique request they hoped we could fulfill with "use it or lose it" funds that were burning a hole in their bank account.

Assignment:

- Transform a 10'X12' windowless room that currently had no true purpose into a thoughtful "Renewal Room."
- Design, order and install the majority of the space in less than 15 days and remain in the tight budget provided.
- Inspire employees to want to utilize the space in 2016 and incorporate wellness practices into their daily lives --- a major initiative of this International Consumer Goods Corporation.

TeamPAR loves a challenge and PARsolutions & PARflooring had 48 hours to conceptualize and budget the room. The design board was created and approvals were obtained to proceed.



The Renewal Room was designed as an internal haven where employees can decompress and re-center for 15 minutes --- screen free. Utilize the massage chair, stretch using the yoga mats, journal while listening to the sounds emanating from the sound machine and breathe in the natural essence oils from the aroma therapy machine while being visually inspired by the calming mural and custom sculpture created to inspire fresh, creative thoughts.



This project made me analyze underutilized areas and proved that small changes can yield great impacts and rewards.

- It can make a company or department run more efficiently.
- It can provide an added employee benefit making people feel appreciated --- Renewal Room, Game Room, Exercise Room --- You name it!
- It can create branding, way finding, personality or warmth within an area or throughout your space, giving your employees a sense of pride and team spirit.

Here is the email that TeamPAR received upon completion of this project.

- Tight time table met
- Budget maintained
- Employees using the newly repurposed room
- Client is satisfied and TeamPAR cannot be happier!

Karen and Alexa,

I want to share with you that I absolutely LOVE the Renewal Room. It has been a nice treat for employees after their return from the holidays. The patchwork chairs are extremely comfortable, the branch artwork, colors, flooring, mural even down to the yoga mats are all compliments of one another. Every piece is perfect in the space.

Not only is the buzz all positive but this room helps us show our commitment as a company to health and wellness in the office and that we take these initiatives to heart.

A BIG thanks for pulling this project together for us in a quick timeframe with such a high magnitude of professional touch.

Thanks,

*Taryn Orama
Manager, Safety Health Environment & Facilities Services
(International Consumer Goods Corporation)*

How can TeamPAR add value to your space? Lean on us..... From small changes to large renovations. Our fresh ideas and cost controlled interiors will leave you feeling comfortable every step of the way.



Karen's Corner

Happiness Helper

"Fatigue is the common enemy of us all, so slow down, rest up, replenish and refill."

Follow @TheHappinessHelpers on Instagram

NJ Biz - Resolution 2016: Change of Heart

Employers finding wellness programs can be good for a company's culture - and bottom line

[CLICK HERE FOR FULL NJ BIZ ARTICLE](#)

Companies of all sizes and industries across NJ are getting serious about their employee wellness and health improvement programs for many reasons. Healthier employees mean lower insurance rates for employers, but on a human level, it also equates to less sick days, better morale and higher retention rates. You see Ping-Pong tables and video games in startup and tech companies looking for top millennial talent, but free fresh fruit and other wellness perks can also incentivize people of all ages. From walking clubs to yoga classes, biometric screenings and gym memberships to company challenges that have a gift card or monetary rewards attached --- teamwork and friendly competition can bring coworkers together in a positive way to spread wellness --- one good change or one good habit learned at a time.



In January TeamPAR created its own challenge to move more. We are recording the minutes of "purposeful movement" we are engaging in daily on a wall calendar in the office for everyone to see. We are motivating each other to move more and talking a bit of "smack" as we compete with each other. From walks after dinner, Pilate's classes, basketball games and bouts on the treadmill we are moving more and wayne better food choices, one meal at a time. **I am proud to report that Wayne Connolly of TeamPAR won our January challenge! He moved the most minutes and crushed the competition with a whopping 1,680 minutes recorded in January!** He won the \$50.00 incentive, but more importantly the bragging rights as the leader in the office. We will see if he continues the lead in February!

Subscribe to be Well-Inspired!

Wellness is more than focusing on fitness goals. Mental and spiritual well-being are also key to long term health. We all talk about "work-life" balance. That daunting goal is likely unachievable on a daily basis. What one thing can you do to replenish and refill? Read, have a cup of tea, get a massage, learn to meditate, laugh with your kids, enjoy a phone call with an old friend. I would love to hear what you do! Email me! Karen@TeamPAR.com



The Wellness Council of America (WELCOA) has a weekly email program to help keep co-workers inspired on their journey to wellness. Sign up to receive their weekly inspirational quotes.... Perhaps one will motivate you!