



Corporate

WHAT ARE THE BENEFITS OF SOCIAL SPORT IN THE WORKPLACE?

Recent studies have demonstrated that employees participating in team sports feel more fondly towards their organisation, perceive themselves to be more valued and appreciated by their employer, and consequently experience stronger levels of motivation in their job.

We all know sport improves fitness and health, but what is less well known are the benefits that sport can introduce to the workplace. Sports participation amongst workmates enhances productivity and morale, lowers stress, improves team spirit and job

satisfaction. Participating in team sports improves communication and inter-personal relationships among employees.

Team sport can lead to better performance at work and more effective social interactions. It does so by knocking down hierarchical barriers between staff and management, and between differing business units, thereby improving trust, communication, approachability, collaboration, and a greater appreciation of diversity.



To involve your employees in social sport, simply form an office team and join one of our mixed netball or futsal leagues. We can create fixtures to suit the needs of your organisation and will have a grade suitable for the team's level. If you are looking for something a bit different for your organisation, Albert Park Indoor Sports can run a Tri-Sports event for your organisation. Get together a small or large group

of employees (15- 100 people) and we will run the group through 3 exciting sports (futsal, dodgeball and netball) including, referees, finals and trophy presentation. It's the perfect way to end a busy week on a Friday afternoon.

FOR MORE INFORMATION REGARDING A CORPORATE TRI-SPORTS DAY CALL NICK OR SAM AT APISC ON 9696 6900.