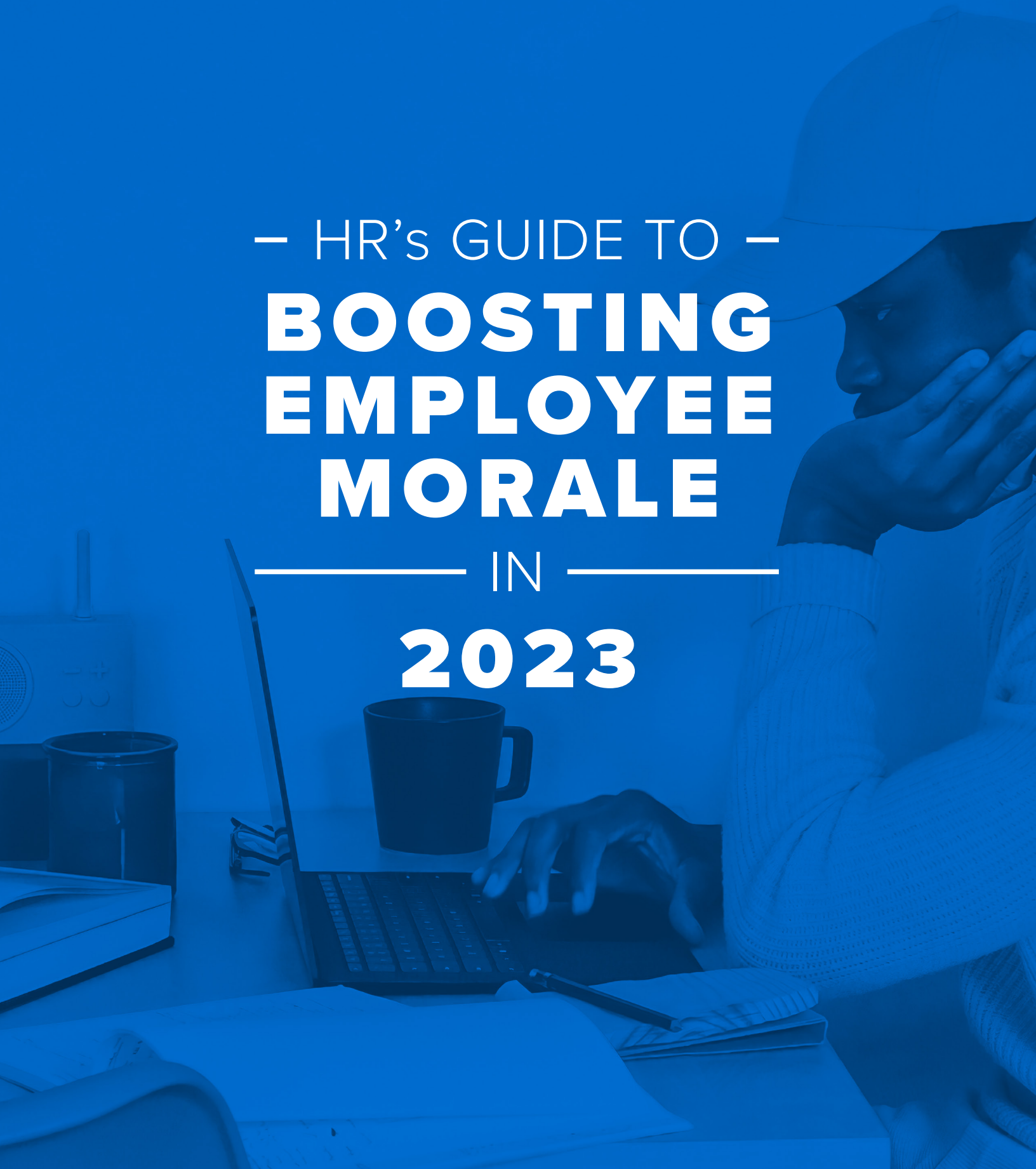


— HR's GUIDE TO —  
**BOOSTING  
EMPLOYEE  
MORALE**  
— IN —  
**2023**



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# I. Introduction

Even after the whirlwind years of 2020 and 2021, 2022 had its own set of HR challenges. With the impacts of the Great Resignation lingering, HR teams had to rethink their strategies in order to keep their employees engaged and ultimately, retain them.

Regardless of whether companies are back in the office, hybrid, or fully remote, HR teams around the world are still searching for ways to keep their teams happy and healthy.

In this guide, we'll examine ways that employers can boost morale in 2023 through the lens of 5 topics: Health & Wellness, Safety & Security, Social Belonging & Connectedness, Confidence & Contribution, and Inspiration & Transformation.



# i. Health & Wellness

Physiological and psychological health is the foundation of any person's well-being. As employers, taking time to tend to this shows that we truly care about and value employees. Employees who feel supported and trust their leaders are more engaged and motivated.

It is imperative that you talk about health and mental health openly on your team and actively provide resources for employees. Additionally, it may be time to expand wellness programs and make space for health and wellbeing in the workday.

**Here are a few ways to promote your employees' health and wellness:**

Our partner Blueboard shares Friyay Check-In templates to encourage employees to think about all the ways they can take care of themselves.



**Fri-YAY check-in**

Check the boxes of the activities you did this week to take care of yourself.

- Worked out at home
- Gave back/Supported local businesses
- Took a walk around the neighborhood
- Sat in on a free show/concert
- Baked something new
- Flexed my creative skills
- Joined a virtual hangout

Tag 2 friends who would love these ideas

Tag us to be featured!

Template by @blueboardinc



# 1

## Mental Health Time & Resources

Looking ahead into 2023, companies should continue to prioritize their employees' mental health and check in with them often. During difficult times, ensure that you're consistently checking in with your employees about their mental health. This can mean having more one-on-ones with employees to see how they're doing, or offering time off during the day for employees to workout, take a nap, go on a walk, or even do something fun.

Offering free trainings for topics like stress reduction, work from home, and juggling work with parenting can also help mitigate some of the anxiety fears and concerns that your employees may be experiencing.

There are also many digital resources available to help employees. Telehealth companies offer both primary care and telepsychiatry, which can include anonymous virtual group therapy and individual therapy.

**“One of our perks is that we give employees up to an hour each day to do something positive for their physical or mental health, such as going on a walk, reading a book, taking an exercise class, or doing a meditation (no admin or work allowed!). As we are a small team, we used to track this daily on a whiteboard in the office, but now we just check in each morning to see what each team member is planning to do that day.”**

– Napala Pratini, Co-Founder at Habitual

# 2

## Fitness, Yoga, & Meditation

Encouraging your employees to focus on moving their bodies and minds doesn't have to mean offering a paid subscription to online fitness courses like [Obé](#) or meditation programs like [Work From Om](#). It can also mean taking advantage of and promoting free classes online like [OrangeTheory Fitness](#), [Popsugar Fitness](#), or [UCLA Health Meditation](#), or tapping employees who have a passion for exercise to lead classes via Zoom.

Try finding employees who are also certified yoga, HIIT, and sculpt instructors on the side and have them offer virtual classes to their teammates. It's a great way for teams to stay connected, healthy, and to give these employees opportunities to grow their voice across the company.

# 3

## Ergonomic Considerations

If your employees are still working from home, make sure they are fully equipped to. That means they may not have access to a desk, a keyboard, a mouse, etc, and they may even be working from bed or the couch. Consider offering a WFH stipend to allow your employees to purchase the equipment they need to work most comfortably and efficiently.





# 4

## Flexible Scheduling

If your employees are working remotely, they may have any number of complications—particularly if they have children. Consider being flexible when it comes to adjusting their working hours or extending deadlines. If your employees need a longer lunch or can't start working until a certain time consider allowing them to alter their schedules accordingly. Giving your employees the ability to work flexible hours can decrease their stress levels and increase their productivity. flexible hours can decrease their stress levels and increase their productivity.

# 5

## Walk-and-Talk Meetings

Encouraging your remote employees to exercise outdoors is critical to their physical and mental health.

To help your employees stay active and get a break from working inside, suggest that they take conference calls that don't require sitting in front of a screen outdoors. During these Walk-and-Talk meetings, employees can stroll around their neighborhoods, nearby parks, or even backyards for a change of scenery and some fresh air.



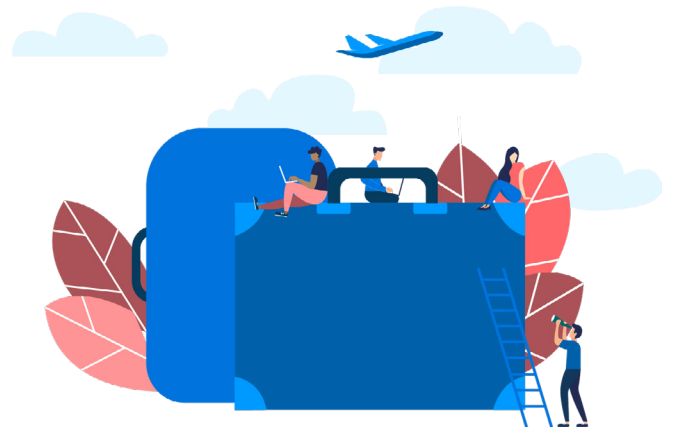
## ii. Safety & Security

When your employees struggle with such anxiety, their psychological states suffer. They want to know that your company is actively thinking about a clear path forward that keeps them safe, productive, and connected.

**Here are a few ways you can make your employees feel safer and more secure:**

### 1 Clear Communication

When it comes to safety and security, transparency is key. By establishing a regular cadence of communications with your employees and constantly keeping them updated, you can ease their anxiety. Address employee questions as they arise and frequently host company-wide meetings or weekly Ask Me Anything (AMA) sessions with your leadership team. Your employees will feel much more secure knowing that you're keeping them in the loop.



### 2 Supportive EAPs

Employee Assistance Programs (EAPs) are voluntary programs that offer free and confidential services that address a variety of issues, such as alcohol and substance abuse, psychological disorders, and grief. If your company has an EAP, encourage your employees **to get involved** so they can focus on their mental health.



## iii. Social Belonging & Connectedness

As human beings, we crave **propinquity**—our natural tendency to develop deep human relationships. But if some of your employees are still working from home, they lack face-to-face human interaction. Therefore, we need to adapt how we replicate physical proximity to each other, along with the frequency and quality of our interactions - especially in the workplace.

**Here are a few ways you can keep your employees connected no matter where they are:**

### 1 Virtual Team Bonding

When your team is dispersed, it's especially important to keep your employees connected. From virtual team lunches and **happy hours** to online workout and yoga sessions, you can keep your employees united and give them a sense of belonging - no matter where they are.

Small doses of team bonding throughout the week can also boost employee morale. Consider allocating the first five minutes of your weekly team meeting to discuss binge-worthy Netflix shows or book suggestions so that your employees can bounce quarantine ideas off of each other.

### 2 Emphasis on Collaboration

Try to assign collaborative tasks amongst your team. If you have a group project, schedule some time for your team to hack it together in person or via **Zoom or Skype**. This will not only keep your employees connected to one another but will also make your team stronger than ever.

# 3

## Company-wide Activities

In addition to hosting collaborative team bonding activities, it's also critical to keep your employees connected across your organization. Luckily, using **remote technology** makes virtual company-wide activities possible. You can host virtual book clubs, talent shows, cooking classes, and other fun activities that will keep your employees connected.

# 4

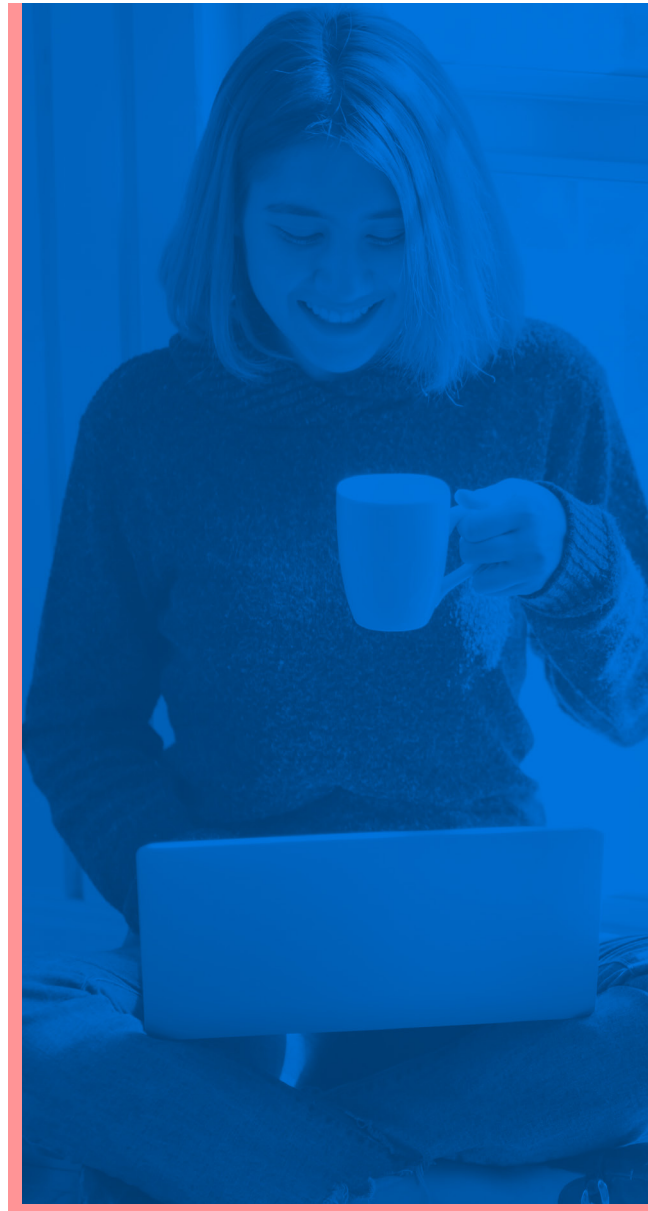
## Support ERGs

**Employee Resource Groups (ERGs)** are employee-led interest groups that raise awareness of issues facing people of a specific demographic, race, religion, or sexual identity. By **starting ERGs**, your employees can stay connected and support one another. For instance, starting an ERG for **parents and caregivers** will enable your employees who have children to share experiences, provide resources, and serve as a unified voice at your company. This ERG can meet virtually on a weekly basis and create a Slack channel, where they can share insights and even bounce ideas off of each other.

# 5

## Employee Milestone Celebrations

To keep your dispersed workforce, **continue celebrating their milestones**. From work anniversaries and **birthdays** to personal accomplishments, you can recognize your employees by switching to a virtual recognition system. Send your employees **meaningful rewards** and host virtual celebratory events to keep them connected with one another.



# iv. Confidence & Contribution

Our collective self-esteem as organizations and as a society will reinforce our behaviors and improve our work. So how can you help your employees gain confidence?

**Here are a few tips to help boost your employees' self-esteem:**

## 1 Core Values

Core values lay down the foundation of organizations. They define your business' priorities, shape your company culture, and motivate your employees by giving them a purpose. While having core values is always important, they become even more crucial **during a time of crisis**.

To help your employees build confidence, emphasize your core values. Align your company's mission and values into pre-existing initiatives and reinforce them through new ones. If one of your company's values is "Give", donate to local food banks or homeless shelters. Lead by example and encourage your employees to join you in demonstrating your core values.





## 2 **Honest Feedback**

Ask your employees for feedback on how they're doing. Are they struggling with anything and if so, how can you support them? Having these honest conversations will help you adjust their **schedules**, deadlines, and goals - which will reduce their stress levels and help build their self-esteem.

## 3 **Awards & Recognition**

Recognizing your employees not only gives them a sense of belonging, but also boosts their confidence.

In addition to sending them meaningful, **personalized rewards** or hosting celebratory events, create spaces and opportunities for public recognition events during team meetings or company-wide town halls. This outlet also serves as a place to reinforce the actions and behaviors more critical for driving our business forward - modeling for the entire company what great work looks like.

Encourage your employees to recognize one another and share their successes with the rest of your organization. Give rewards that align with your **core values** to employees who embody them. Recognizing both tangible and intangible actions that build community, culture, and drive the business forward will boost both your **employees' morale** and self-esteem.



# v. Inspiration & Transformation

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As we consider what self-actualization may look like, we spot opportunities for positive growth and change. It's motivating to have a goal and to put work into achieving it, and even better to share the inspiration and transformation process with others.

**Here are a few ways you can help employees feel inspired:**

## 1 Leadership Spotlights

Whether you host virtual fireside chats or allocate the first 10 minutes of some company-wide meetings to Q&As, you can spotlight leaders within your organization. Allowing leaders across your company to share information about their career path and personal accomplishments can inspire your other employees. These spotlights can even give your employees insight into other departments that they wouldn't have otherwise.

## 2 Mentorship Program

Building a **mentorship program** will provide your employees with the opportunity to make connections, develop their leadership abilities, and learn new skills. Depending on the goal of the program, mentorships can either be within the same team or across different departments. Regardless of the relation, having a mentor can inspire employees to enhance their skills and develop new ones.

## 3 Growth Opportunities

Another way to keep your employees motivated is through online training and courses. Ask leaders from different departments to host online training sessions and provide your employees with links to external resources, like webinars and e-learning sites. From social media and digital marketing classes to management training, your employees can take a variety of courses on sites like **Coursera** and **Skillshare**. If your employees take an online course and find it useful, encourage them to share what they've learned with the rest of your team. Inspiring your employees to grow and set new goals for themselves will keep them motivated.

# III. Conclusion

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**Remember:** as an HR professional, make sure you are doing your part to maintain and encourage open communication with your team so they can feel appreciated and supported. Be patient, understanding, and flexible.

Finally, it's important to note that each person comes to work with a different perspective. You can't assume you know them all or that what is important for one group is (isn't) important for all. Spending time checking in at a micro and macro level is critical to make sure you are focusing on the right things.

Create opportunities for employee feedback through a variety of different methods, and ensure you take a pulse during and after periods of change. If you prioritize what will make the impact on employee productivity and/or retention, you'll see the biggest wins.

**Thanks for connecting with us.**

## About Namely

Combining intuitive HR technology and best-in-class service, Namely empowers mid-size companies to build better workplaces. Simplifying the complexities of recruiting, onboarding, time & attendance, performance management, benefits administration, compliance, payroll, and HR analytics, Namely offers an integrated platform that saves companies time and improves their employees' experiences. Distinguished by a dedicated support model and enhanced service offerings, Namely delivers an all-in-one HR solution for today's people teams.

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