

4 BENEFITS OF DOGS IN THE WORKPLACE

As dogs are being integrated into the workplace, there is further evidence to support their benefits at the office. Dogs at work can...

- ✓ Lower stress levels
- ✓ Improve communication
- ✓ Increased job satisfaction

- ✓ Increase physical activity during the workday
- ✓ Keep workers refreshed
- ✓ Increase in productivity



HAPPINESS

- BETTER MOOD
- MORE COLLABORATION
- MORE PRODUCTIVITY

"Happy employees are up to 20% more productive than unhappy employees."

FORBES

"A 2015 study published in PLOS One found that dogs can be both the catalyst for sparking new relationships and also the means for keeping social networks thriving."

MENTALFLOSS

01

PHYSICAL HEALTH

- MORE WALKING BREAKS
- ACCESS TO NATURE DURING THE DAY
- MORE PRODUCTIVITY & FEWER SICK DAYS

"Walking may assist employees in replenishing the resources needed to perform well on the job during the working day."

BBC

"A study by Natural England found that taking a stroll outside can boost fitness levels and prevent obesity, heart disease, diabetes and cancer."

Daily Mail UK

02

MENTAL HEALTH

- MORE TEAMWORK
- MORE COMPANY LOYALTY
- BETTER OFFICE CULTURE
- MORE RELAXATION & COMMUNICATION
- MORE INNOVATION

Touch and movement are two healthy ways to quickly manage stress. Petting a dog, cat, or other animal can lower blood pressure and help you quickly feel calmer and less stressed.

03

POSITIVE CONSUMER PERCEPTION

- MORE TRUST
- MORE SALES

"People with animals, or as simply described as having a friendly dog with them, instantly become more trustworthy in the eyes of the person who's encountering that person or having that person described to them."

Washington Post

"Results show that the presence of the dog was associated with a higher rate of helping behavior and higher compliance."

TandF Online

04



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