

5 Benefits of Playing Social Sports For Corporate Organizations:

Having employees that are happier, healthier, and more engaged makes them more productive in the office and has a direct impact on your bottom line. Social sports are a great way to help make your employees more productive while also helping enhance their lives outside of the office.

Corporate Wellness

Your company needs its employees operating at peak performance and company-sponsored sports teams can be a key component of broader corporate wellness strategy. Social sports combines physical activity with social engagement to give your employees a fun way to say fit, burn off stress, unplug with some fresh air, and increase mental clarity. This helps ensure their thorough physical, mental and emotional wellbeing.

Team Building Your Team Will Actually Want to Do

Team building activities tend to feel forced and inauthentic. Social sports are an exception because they combine activities your employees already love - sports and camaraderie. When your employees work together and cheer each other on, morale and spirits are naturally high, plus co-workers can start to build a new level of trust with one another they don't get in the office. It's also a lot more fun than a corporate offsite full of "trust falls".

Take The 'Work' Out of Networking

Tens of thousands of young professionals play social sports each year, so joining leagues opens up endless potential new connections. Company sponsored teams allow employees to interact with co-workers they don't see on a daily basis, and gives your staff a chance to make new connects from other offices. The casual nature generates more authentic conversation and longer lasting relationships than awkward networking happy hours.



Work-Life Balance That's Actually in Balance

Your employees work hard for you for 40+ hours each week, don't make them wait for the weekend to have fun. Social sports leagues help break up the work week and can help prevent employee burnout. Giving your team something fun to look forward to mid-week can help them feel fresher and be more productive on Thursdays and Fridays.

Recruit Better Talent With Better Benefits

Your benefits packages is an essential piece considered by prospective employees. If you're looking to attract top talent, offering a robust benefits package that includes fun, innovative things like social sports participation will give your company a recruiting advantage over others offering a subpar wellness plan.

At DC Fray, our corporate partners have told us it's just good business. Interested in learning more about how we can help get your organization registered in one of our leagues? Reach out to our Corporate Team Specialist:

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