



*Whistle*

*W* Whistle & Keg

CLEVELAND  
**MONSTERS**

# Case Study: The Benefits of Corporate Breakout Sessions for Employees

**Prepared for**

Downtown Cleveland  
Business People & Professionals

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## The science is real: working in the same environment has several negative effects on employees.



**Decreased creativity and productivity:** According to a famous study, monotony in the work environment was found to be negatively associated with both creativity and productivity, and communication among the team (Neely, et al., 2013).

**Increased stress levels:** A review of studies found that prolonged exposure to a monotonous work environment can lead to increased stress levels (Bakker & Demerouti, 2014).

**Decreased employee engagement and morale:** Another study found that a lack of variety in the work environment was associated with decreased employee engagement and morale (Macey & Schneider, 2008).

**Decreased physical and mental well-being:** It's also been found that prolonged exposure to a sedentary work environment was associated with decreased physical and mental well-being (Shook & Parent, 2016).

It's important to consider these potential negative effects when evaluating the work environment and to take steps to mitigate them. Solutions include providing opportunities for employee breaks, continuous work from home, and having breakout sessions in different locations.

# The benefits of off-site breakout sessions are tremendous for employees.

## Improved Team Dynamics & Communication

Off-site team building activities have been found to improve team dynamics and increase effective communication skill (Bakker & Demerouti, 2014).

## Increased Productivity & Creativity

Being in a new environment can stimulate the brain and lead to increased creativity and innovative thinking (Neely, et al., 2013).

## Increased Engagement & Motivation

Employees who participate in team building activities tend to be more engaged and motivated at work (Macey & Schneider, 2008).

## Boosts Overall Job Satisfaction

Employees who feel valued and supported by their leaders are more satisfied with their job overall (Shook & Parent, 2016).



On January 11th, the Cleveland Monsters and Cleveland Charge used the space for a sales campaign and contest rollout and followed it with fun and games!

# A CASE STUDY: CLEVELAND MONSTERS & CHARGE

On January 11th, the Cleveland Monsters and Cleveland Charge held their annual season ticket launch and contest rollout session during normal business hours. Whistle opened up early for them. The team met to go over product knowledge and benefits surrounding their season ticket memberships for the 2023-24 season, go over sales goals, and rollout a sales contest full of fun, games, and incentives. The fun and games started right here at Whistle after the presentation.



This is the most fun our team has had during a sales contest rollout in quite some time

“ **Jessica Fisher**  
Sr. Director of Group & Membership Development

## 100% Approved

100% of the sales staff said that it was refreshing to do a contest rollout outside of the office.

## 5/5 Whistle Review

"Whistle staff was incredibly accommodating to what we needed to do with the space and our team had a blast."

## Our Breakout Space



Located in the Heart of Downtown, an easy walking distance.



Multiple TVs displays with HDMI cords for presentations.



Strong internet capacity, and multiple networks available to connect.



Coffee & Donuts available with any breakout sessions.

## Pricing

We will open early before our normal business hours so you can have breakout sessions with your team. Our space is available **9am to 4pm, Monday through Thursday**. 1-3 Hours, \$250; 3+ hours, \$500. Max 7 hours available. Coffee and donuts provided! Contact [info@WhistleCLE.com](mailto:info@WhistleCLE.com) or visit our website to book today!