

# Nightingale Highlights

MAY 2022



# Nightingale Achieves Gold Standard with Best Managed Companies



Nightingale has been named one of the Top Best Managed Companies for a fifth consecutive year as designated by Deloitte, in partnership with CIBC and Queen's School of Business.

With this achievement, Nightingale is honored to maintain its recently appointed Gold Standard win within the Best Managed Program.

Now in its 29th year, this national business awards program recognizes and honors excellence in privately owned companies. Each year entrepreneurial companies undergo a rigorous application process and must pass several rounds of examination before receiving the Best Managed title. The fifth year of the Best Managed program is even more stringent to ensure that only the most dedicated and qualified companies receive the coveted Gold Standard designation.

This year's application would not have been an accurate assessment if it did not address Covid and give companies the chance to express how they navigated

everchanging market conditions. It highlighted how Best Managed Companies are those that are capable of seamlessly adapting and pivoting their strategy to thrive in uncertain times. The application showcased Best Managed companies' ability to set industry leading standards for success no matter the corporate landscape.

"The 2022 Best Managed winners exemplify innovation, adaptability, and resilience in the face of uncertainty," said Lorrie King, Partner, Deloitte Private and Co-Leader, Best Managed Companies program. "Over the past year, these forward-forging companies have pivoted to successfully respond to challenges and capitalize on new opportunities, leveraging industry-leading competencies to maximize their investments and drive sustainable growth."



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The application challenged Nightingale to reflect on its corporate strategy, capabilities and resources, innovative processes, company culture, commitment to employees and customers and an examination of company controls and financials.

Exceptional applicants not only created a strategic plan that allowed for normal operation and growth during the pandemic but was innovative enough to position companies on a forward trajectory to easily realize future growth opportunities.

Nightingale is honored to mark five years of being part of Best Managed and is elated to uphold our Gold Standard status. Nightingale looks forward to retaining and building upon its status within Best Managed for years to come.

#### About Best Managed:

Best Managed continues to be the mark of excellence for companies with revenues over \$50 million. Every year since the launch of the program in 1993, hundreds of entrepreneurial companies have competed for this designation in a rigorous and independent process that evaluates their management skills and practices. The awards are granted on four levels: 1) Best Managed new winner (one of the new winners selected each year); 2) Best Managed winner (award recipients that have re-applied and successfully retained their Best Managed designation for two additional years, subject to annual operational and financial review); 3) Gold Standard winner (after three consecutive years of maintaining their Best Managed status, these winners have demonstrated their commitment to the program and successfully retained their award for 4-6 consecutive years); 4) Platinum Club member (winners that have maintained their Best Managed status for seven years or more). Program sponsors are Deloitte Private, CIBC, The Globe and Mail, Salesforce, and TMX Group. For more information, visit [www.bestmanagedcompanies.ca](http://www.bestmanagedcompanies.ca).

# Pop into the Soda

Nightingale's Soda provides a classic look and a cozy sit. This retro model celebrates our history of design quality.

The Soda comes in two model options: designer chair and 4-legged, making it great for conference, lounge and guest areas.

The designer Soda has a swivel-tilt mechanism with pneumatic height adjustment and tension control, making it easily adjustable for optimal comfort. The Soda's fully upholstered arms give the chair its unique

shape that holds the user in. The designer model is easily mobile thanks to its five-prong, polished aluminum base with 2" mag wheel carpet casters, making the Soda perfect for any modern boardroom.

The 4-legged Soda has a steel tubular frame with rear-angled legs for stability and comes with a chrome finish for durability and style.

The Soda is chic, colorful and has a playful design that is guaranteed to brighten up any work and guest spaces.



Soda 1701  
Vox | Turquoise, Goldenrod

# Take Time for Yourself this National Mental Health Month



This May marks National Mental Health Month and after the year we've had to face, it is so important to prioritize personal wellness. Below are a few simple activities that you can incorporate into your daily routine to alleviate stress and take charge of your physical and mental well-being.



## Deep Breathing

Conscious of it or not, your body is breathing all the time. Taking time to focus on your breath can significantly help combat stress and anxiety, as it helps to slow down your mind and body. To do this, breathe deeply through your nose until you feel your lungs fully fill with air and then slowly exhale through your mouth. These full breaths increase the body's oxygen levels and allow you to enter a relaxed and focused state.



## Meditating

Similar to deep breathing, meditation goes a step further to help you detach from the stressors of everyday life and be in the present moment. Dedicating even 5-10 minutes a day to this practice will help decrease stress, lower blood pressure, improve concentration and reduce symptoms of anxiety and depression.



## Exercising

More than just about getting in shape, exercise is proven to positively impact your mental health as well. Physical activity delivers many benefits including: restored sleep, stress relief, better mood, increased energy, enhanced mental alertness and improved cardiovascular health.



## Socializing

Maintaining connections to loved ones during this time is more important than ever. Although they are now mostly virtual, these moments of interaction are still effective in managing stress, anxiety and isolation.



## Spending Time Outdoors

Being surrounded by nature simply makes us happy. Stress, anxiety, depression and anger decrease after spending time outside. So, take advantage of the nice sunny weather to quickly and easily boost your mood.

Put yourself first this May by participating in National Mental Health Month. Performing simple activities, such as those mentioned above, can greatly impact your mental and emotional wellness for the better.

# Three Benefits of Ergonomic Seating

At Nightingale, we understand that proper ergonomics is not an option in our chair designs. It is a necessity. Similarly, those tasked with selecting workplace seating should not view ergonomics as an option. They should view it as a necessary investment. This investment can lead to an overall improvement in employee morale, reduced business costs, and heighten employee focus and productivity.



## Improved Morale

Providing an ergonomically sound work environment shows your employees that you care about them and their health. This can noticeably enhance employee engagement, attitudes, attendance, and even loyalty. Making the health and welfare of your employees a top priority is essential in creating a positive work environment that leads to a higher employee retention rate.



## Reduced Costs

The costs of hiring can pile up quickly once you consider the advertising for the position, time spent interviewing, and subsequent training of the new hire. Studies have shown that these turnover costs can be up to 20% of the annual salary of that position. Not to mention the distraction and disruption created by employee turnover. Reducing ergonomic risk factors can also help in preventing musculoskeletal disorders (MSDs). Approximately \$1 out of every \$3 in workers compensation costs are directly related to MSDs. If this health risk is minimized, a business can see a reduction in lost workdays, worker's compensation costs, and insurance premium increases.



## Increased Productivity

The more comfortable an employee is, the less distracted that employee is by their own discomfort. Recent studies have shown that those working within an optimal ergonomic work environment can see up to a 10%-15% increase in productivity. Conversely, those in workspaces where ergonomics are not a priority can become frustrated or fatigued resulting in inferior work.

## ABOUT US

Founded in 1928, Nightingale is a contract seating manufacturer that puts purpose before profit. By collaborating with top designers, engineers and research teams, we create quality ergonomic products that are good for your body and the planet. Nightingale is one of the country's Greenest Employers and is committed to building products with minimal carbon footprints that are recyclable, sustainable and durable. All our products are made in our waste-free facility powered by clean energy. As one of the country's Best Managed companies, Nightingale's commitment to comfort, quality and innovation drives our vision to be a global industry leader.

We invite you to visit us at [www.nightingalechairs.com](http://www.nightingalechairs.com) to view all our quality seating options, obtain virtual literature, use the My Chair Maker app, learn more about our green initiatives and discover Nightingale's story.



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