

Nightingale Highlights

MAY 2023



1701 Soda



NIGHTINGALE NAMED ONE OF CANADA'S BEST MANAGED COMPANIES FOR 2023.

Nightingale Corporation was recognized for its industry-leading performance, its global business practices, and its sustained growth by receiving the prestigious 2023 Canada's Best Managed Companies award. Nightingale was a winner of Canada's Best Managed Companies program in 2018 and requalified in 2023 to maintain its status as a Best Managed Gold Standard company. Celebrating its 30th anniversary, Canada's Best Managed Companies program awards excellence in private Canadian-owned companies. To attain the designation, companies are evaluated on their leadership in the areas of strategy, culture and commitment, capabilities, innovation, governance and financial performance.

"Nightingale is honored to mark six years of being part of Best Managed and is elated to uphold our Gold Standard status. We are proud to remain a member of this distinguished corporate community" said Ed Breen, Nightingale's President. *"This recognition highlights the strength of Nightingale's direction, strategy, and overall company culture. Nightingale looks forward to building upon its status within Best Managed for years to come."*

Canada's Best Managed Companies is one of the country's leading business awards programs recognizing innovative and world-class businesses. Every year, hundreds of entrepreneurial companies compete for this designation in a rigorous and independent evaluation process.

Applicants are evaluated by an independent panel of judges with representation from program sponsors and special guests. Over the past year Nightingale Corporation has utilized its strategy to ensure supply chain channels were properly managed, allowing customer deliverables to continuously be met. With the implementation of Quick Ship Programs Nightingale was able to serve its customers quickly and efficiently.

The 2023 cohort of Best Managed companies shares common themes such as having a people-centric culture, targeting effective ESG strategies, and accelerating operational digitization.

"The 2023 Best Managed winners exemplify the highest Canadian business standards of innovation, adaptability, and resilience," said Lorrie King, Partner, Deloitte Private and Co-Leader, Canada's Best Managed Companies program. *"Over the past year, companies such as Nightingale Corporation have accelerated by continuously adapting and successfully responding to challenges, seizing new opportunities, leveraging industry-leading competencies to maximize their investments, and driving sustainable growth."*

NIGHTINGALE'S SIXTH CONSECUTIVE YEAR AS GOLD RECIPIENT OF CANADA'S BEST MANAGED COMPANIES



As the President of Nightingale, a leading office chair manufacturer, I am thrilled to announce that we have been named a Gold Canada's Best Managed Company for the sixth consecutive year. This prestigious recognition is a testament to our unwavering commitment to excellence, innovation, and sustainable growth. It is an honor that we embrace with pride and gratitude, as it validates our relentless pursuit of operational excellence and customer satisfaction.

EXCELLENCE IN MANAGEMENT:

Receiving the Gold designation in the Canada's Best Managed Companies program acknowledges Nightingale's consistent performance as an outstanding organization. This achievement is a direct result of the dedication and hard work of our entire team, from our skilled employees on the factory floor to our visionary leaders. Through their efforts, Nightingale has demonstrated exceptional capabilities in areas such as strategic planning, financial performance, leadership, culture, and innovation.

SUSTAINED INNOVATION:

At Nightingale, innovation is at the heart of everything we do. Being recognized as a Gold Canada's Best Managed Company affirms our commitment to continuously develop innovative solutions that meet the evolving needs of our customers. We invest in research and development to stay ahead of the curve, combining ergonomic expertise with cutting-edge technology to create ergonomic seating solutions that enhance productivity and well-being in the workplace.

CUSTOMER FOCUS:

Our success would not be possible without the trust and support of our valued customers. Nightingale's unwavering dedication to customer satisfaction is deeply rooted in our company culture. We listen to our customers, understanding their unique challenges, and strive to exceed their expectations by delivering exceptional products and services. This recognition reflects our ongoing commitment to building long-lasting partnerships and providing unparalleled value to our customers.

SUSTAINABLE GROWTH:

Nightingale has always been committed to sustainable growth, recognizing the importance of corporate social responsibility. We embrace environmentally friendly practices throughout our operations, from sourcing sustainable materials to reducing waste and energy consumption. This commitment extends to our community involvement, promoting initiatives that support education, health, and social welfare.

Being named a Gold Canada's Best Managed Company for the sixth consecutive year is a testament to Nightingale's relentless pursuit of excellence, innovation, and sustainable growth. This achievement would not have been possible without the exceptional dedication and expertise of our team, as well as the unwavering support of our valued customers. As we celebrate this prestigious recognition, we remain committed to pushing boundaries, creating exceptional office seating solutions, and continuing to set industry standards. We thank everyone who has contributed to our success and look forward to many more years of excellence ahead.

Most appreciatively,
Edward Breen

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 rearangled 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.



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 heightened 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.



TAKE TIME FOR YOURSELF THIS NATIONAL MENTAL HEALTH MONTH

May marks National Mental Health Month, reminding us to take time 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.



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.

DEEP BREATHING

Taking time to focus on your breath can significantly help combat stress and anxiety. 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.



SOCIALIZING

Maintaining connections to loved ones through moments of interaction are effective in managing stress, anxiety and feelings of loneliness.

TAKE TIME FOR YOURSELF THIS NATIONAL MENTAL HEALTH MONTH

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.



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

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.



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 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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