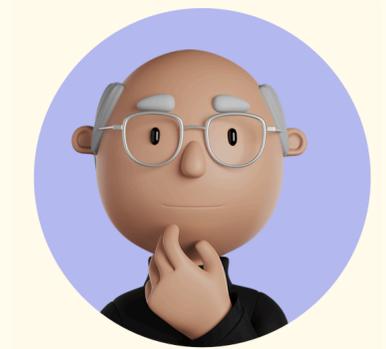




# Keep your team connected

Encourage social connection and stronger team relationships by pairing up employees for a weekly coffee break



**Monica Hendricks**  
Accounts Manager  
Finance



**Dinesh Chutgai**  
Senior Programmer  
Engineering

Hi **Monica**, you've been paired with Dinesh for fikaTime - some downtime to have a human conversation and get to know a co-worker better. ☕

Message **Dinesh** directly to arrange a time for your chat.

Which day this week, the time and the way in which you meet is up to you two.

 [What is this?](#)

 [Chat with Dinesh](#)



fikaTime Thursday 15:14

Hi Sarah. Just me popping in to ask how your fikaTime with Dinesh went. Did you get to meet?

Yes!

Not yet but it's scheduled

No

fikaTime Thursday 15:14

That's great! How would you rate the experience?



Terrible



Bad



Okay



Good



Great

fikaTime Tuesday 15.14



🎉 Excuse me while I take a little credit for that. 😊 Can't wait to connect you with someone new next time. What was a highlight for you?

# Improve mental health

Regular breaks through fikaTime help employees avoid burnout.



# Break silos and fight isolation

Help the team to widen their network and build meaningful connections



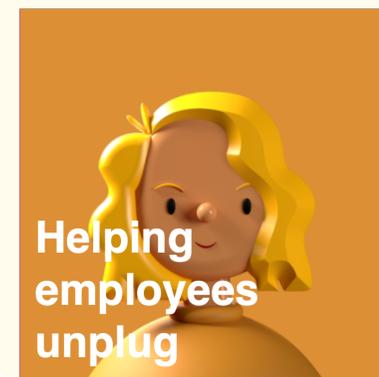
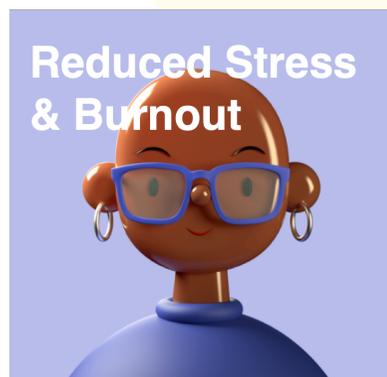
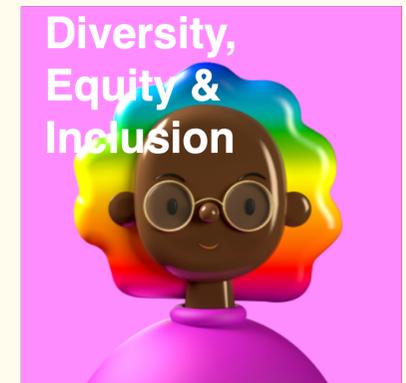
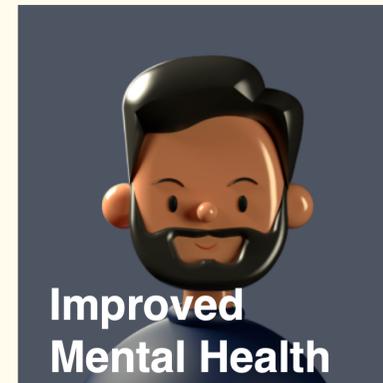
Monica Thursday 15.14

It was fantastic getting to meet people at the company I don't normally get to talk to. Can't wait for my next fikaTime.

A *Microsoft Teams* wellness bot that helps employees **feel socially connected and avoid burnout**; by pairing up different employees for weekly coffee breaks and tracking the impact.

Unlike traditional team/culture building, fikaTime is by-design simple enough to stick and smart enough to evolve.

**Sounds  
simple...  
Simple works**

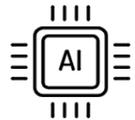




**Easier to keep going.** Organisations try to do this but it requires manual effort or focus they don't have, resulting in low engagements.



Designed through **behavioural science** and *CBT* to work with **existing human behaviour** patterns.



Powered by **Artificial Intelligence** to evolve with your organisation.



Automation means **this solution scales**: remote, non-remote and hybrid.

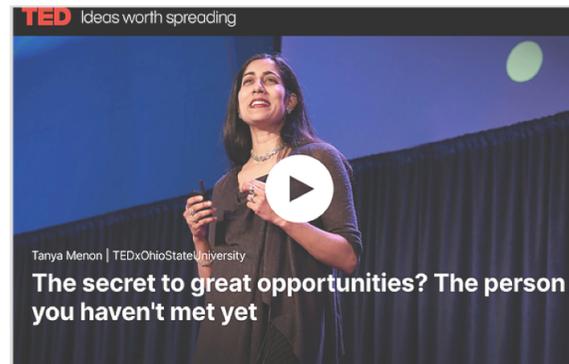


No app fatigue and easier adoption because it integrates into the same communication tool they are using : *Microsoft Teams*



Going above and beyond:  
Fostering citizenship in the  
workplace

*Katheryn Dekas, Google People Analytics*



The secret to great  
opportunities? The person  
you haven't met yet.

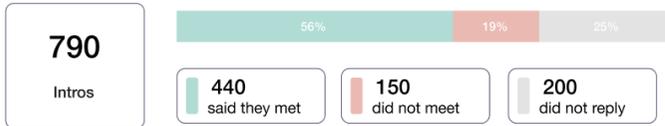
*Tanya Menon, TED talk*



The effectiveness of  
fika for workplace  
happiness

## Reporting

Accumulative Stats This month



### Employee Feedback



Total active for period **120**  
What is an active user?

### Stats per Round

DATE	NUMBER OF INTROS	SAID THEY MET	DID NOT MEET	NO REPLY
Mon, 2021/07/26	200	120 60%	40 30%	20 10%
Mon, 2021/07/19	210	150 60%	30 30%	20 10%
Mon, 2021/07/12	180	90 60%	70 30%	20 10%
Mon, 2021/07/05	182	110 60%	40 30%	20 10%

### Insights



### Most active fika members

-  **Mary**  
Salesperson
-  **Zee**  
Developer
-  **Frida**  
Accounts Management

# Insight

Reporting to better understand the impact of the interactions as they happen.

# Commonly asked questions

The screenshot shows a Microsoft Teams chat window for a team named 'FikaTime'. The chat interface includes a search bar at the top, navigation tabs for 'FikaTime', 'Chat', and 'About', and a list of messages. The messages are as follows:

- 10:15** (User): Can't we just do this manually ourselves using a spreadsheet?
- Fikatime 9:20** (Bot): Yes, and many have tried but it usually doesn't last for long. That's because it's not their main focus. Eventually, it ends up being too much admin and falls to the side resulting in a loss in engagement. We focus on evolving the product so you can focus on what matters most in your business.
- 10:15** (User): We are looking at bigger tools that include some social aspect as well.
- Fikatime 9:20** (Bot): There are many great tools out there but most have a specific focus and that is where they are best. When social features are added in a superficial way, it leads to superficial results. We believe that if something is important, then it requires a solution aimed at solving that. Apple has a built in to do list but it hardly evolves because it is so low down on their priority list. Our product evolves faster because this is our priority.
- 10:15** (User): How much work is involved for me and how secure is it?
- Fikatime 9:20** (Bot): We've designed this to be as simple as possible to get going so you can plug it in and leave it to run. Only one person creates an account in less than 15 minutes, then your employees just need to join the team the bot is in. We are GDPR focused and by design limit what we capture. We have been approved by the Microsoft Teams Review committee to ensure your that our app works seamlessly within Teams and provides a safe, secure user experience.

At the bottom of the chat window, there is a text input field with the placeholder text 'Type your questions here' and a set of icons for actions like copy, emojis, GIFs, attachments, and search.



Billing based on usage and not number of people in the organisation. You get all this and it still works out cheaper per employee than buying them a single coffee per month.

**Want to really know if it's a fit for you? Get it from the Microsoft Teams app store today with a free trial.**



[www.fikatime.app](http://www.fikatime.app)    [hello@fikatime.app](mailto:hello@fikatime.app)

*As featured in*



Best virtual team tools  
for 2020



Nominated innovative  
top mental health tool  
by Meaningful  
Businesses UK

