

## BM Caterers Partners with Robertson Cooper to Launch the 'Good Day at Work Insights Report 2025'

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**BM Caterers** has partnered with Robertson Cooper to support the launch of the Good Day at Work Insights Report 2025, unveiled at a dedicated event in Manchester attended by local senior workplace leaders, HR professionals and industry stakeholders.

The report, produced by Robertson Cooper, brings together data from almost 70,000 workers across multiple industries to understand what drives healthier, happier and higher-performing workplaces. The findings highlight a strong and consistent link between employee wellbeing and key business outcomes including productivity, retention, advocacy and sickness absence.

As part of the partnership, BM Caterers hosted and supported the Manchester launch, bringing together clients, partners and wellbeing specialists to explore the impact of the new findings on workplace culture and performance.

The caterer also shared insights into how the right choice of food can support productivity and engagement.

Key findings shared at the launch included:

- Workers with high wellbeing report being productive 91% of the time and are 6.5 times more likely to recommend their organisation.
- One additional Good Day at Work per week leads to measurable gains in productivity, advocacy and intention to leave.

- Balanced workload and a sense of control are the strongest drivers of performance.
- Supportive relationships and effective management play a key role in retention and advocacy.
- Clear, meaningful goals help people feel more productive and experience more Good Days at Work.

Angus Brydon, MD, BM Caterers, said: “We’re proud to partner with Robertson Cooper on the Manchester launch of this year’s Good Day at Work Insights Report. “The findings reinforce how crucial wellbeing is to performance. As a workplace caterer, we see every day how food, hospitality and culture shape how people feel at work.”

Matt Liggins, general manager, Robertson Cooper, added: “Creating better workplaces requires collaboration, and today’s event has highlighted the value of bringing organisations together to share insight and practical solutions.”