



**Submitted by:** Ryan Barton, [rbarton@mainstay.com](mailto:rbarton@mainstay.com)

**Company/Organization:** Mainstay Technologies

**Type of organization:** Business

**Number of Employees:** 60

**Category:** Workplace

**Challenge or Opportunity:** Our team provides IT and cybersecurity services, so most of our time is behind a desk, in an office, staring at screens.

**Approach or Solution:** We renovated our new office in Manchester, with the goal of maximizing wellness for the team. 100% of the desks are sit/stand desks, a plant wall has over 200 live plants, warm lighting creates less eye fatigue, the breakroom tripled to include ping pong and gathering areas, and a contest was held where team member photography became wall art.

**Impact:** The team feels honored by the space, and they benefit from the holistic focus. This was recognized in the team surveys which contributed to our winning our second "Best Companies to Work For" award from BusinessNH Magazine in 2019.