

THE CAFFEINE SCENE

Employee + coffee = Production. What coffee means in the office environment.

BY BRYONY TAYLOR

If one of your colleagues told you to think 'take a break', what would you envisage, coffee or chocolate? There are roughly two groups in the office world, and your choice of answer to the above question defines which one you belong to: caffeine addict or sugar addict. Which, at the end of the 9-5 day all funnels down into one large concern: addiction and how it fuels the world economy.

It probably comes as no surprise that the biggest addiction in the office world is not heroin, crack or Mary Jane, but just plain old over the counter caffeine. In fact, some employees are so gripped with addiction that

there is certainly a case to suggest that a coffee-drinking employee without the caffeine would be an ugly and unproductive vision of withdrawal.

Science has shown that children who regularly drink water throughout their school day have a higher level of concentration. Unfortunately, water is simply not strong enough for hard bitten working adults as demonstrated by the annual turnover of coffee peddler Starbucks, the Mecca for the caffeine hungry worker, with its annual turnover of US\$13.6 billion and growing.

Caffeine, in its capacity as stimulant, can also act as conspirator and black ops

cover story when it comes to nights out on the lash during the standard working week. A heart trembling triple scoop of full caff coffee can send the energy levels soaring and, despite the tell-tale brow sweat and geriatric shakes, usually one can get off scot-free without falling behind the old work schedule.

The implementation of a coffee machine within the company building or office is a surefire way to help increase employee productivity. The important and revered place of coffee within the lives of the worker bees means that if you are unlucky enough to be given the task of the coffee run, and complete it badly, the

road ahead is a long and bumpy one. There is a certain amount of skill involved in juggling the spoonfuls of sugar and coffee involved in making up the orders of the whole office. Some resort to never moving from their seats, others design eye-catching spreadsheets to inform any newbies of everyone's requirements. Whichever your choice of action, it is becoming increasingly difficult to deny the power of the coffee bean on the average office worker.

And while there are dangers attached to the overconsumption of caffeine, so there are too when crossing a busy road. Sugar with that? ■



TASTE TEST

Nescafé instant

BY THE MAN FROM DEL MONTE

Original, full caffeine?

Yes!

Gold Blend, half caffeine?

Yes.

Original, de-caff?

Yes. Oops, I mean, no.

VERDICT:

So there you have it.

The Man from Del Monte
he says no to de-caff.

Why, we ask?

"What's the point?" says

The Man from Del Monte.

"Anyway, I prefer Red Bull."