



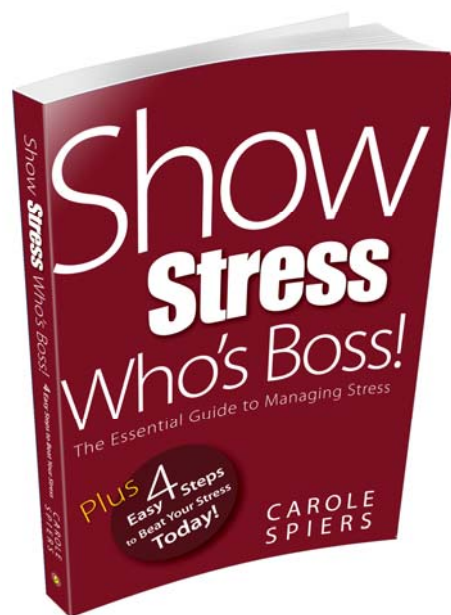
PRESS RELEASE—for immediate release
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Author Tackles £7 Billion Profit Drain!

According to leading authority, Carole Spiers stress at work is the biggest undiagnosed problem facing UK business today

According to the Health and Safety Executive, stress at work now affects 60% of all workers and costs the UK economy over £7 billion per year. In the public sector, the number of people feeling under stress is even higher as the effects of government cuts are translated into redundancies. Across Europe, that figure rises to over 40 billion Euros of lost productivity.

Over the last decade, the impact of work-related stress has grown year by year, and despite its damaging effect both on individuals and the organisations that employ them, managers seem powerless to address the problem in any meaningful manner.



www.ShowStressWhosBoss.co.uk

According to international expert on Corporate Stress, Carole Spiers, the author of a new book entitled 'Show Stress Who's Boss!', applying proven stress management strategies can tackle this £7 billion threat and dramatically improve individual quality of life, productivity and ultimately profitability.

Carole says, "Stress is an increasing problem for every employer whose priority is to retain top talent and maintain turnover. Managers need to understand that stress can be, and often is, damaging to both the individual and the employer. Like any other threat to business performance, it needs to be identified early and managed efficiently. A stress-free environment undoubtedly results in increased employee performance and ultimately productivity. That is why building a healthy corporate culture is essential in a sustainable business. Ignoring stress in the workplace results in poor talent retention and low morale."

NEW BOOK LAUNCH INFORMATION



Show Stress Who's Boss! delivers the solutions gained from 20 years' experience of working with top management teams over a large spectrum of industry and commerce.

About Carole Spiers

A successful Entrepreneur, Carole is a leading authority on corporate stress and her credibility is rooted in twenty years' success as CEO of a leading UK Stress Management Consultancy specialising in stress management and employee wellbeing.

She is an acclaimed weekly columnist for the prestigious Gulf News, the Emirates leading daily newspaper, writing on topical issues facing Middle East Management, is regularly called upon by the national press and media for comment and is author of the industry's bible *Tolley's Managing Stress in the Workplace* published by LexisNexis.

A high-energy, motivational speaker able to combine inspiration with insight, her charismatic style and ability to engage emotionally with audiences has made her a sought-after keynote speaker working with equal success in the contrasting cultures of the UK and the Gulf bringing proven benefits to clients from House of Fraser to Abu Dhabi Marine Operating Company.

Carole is past chair of the International Stress Management Association and the London Chapter of the Professional Speaking Association.

For more information or to book Carole for comment, please contact:

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