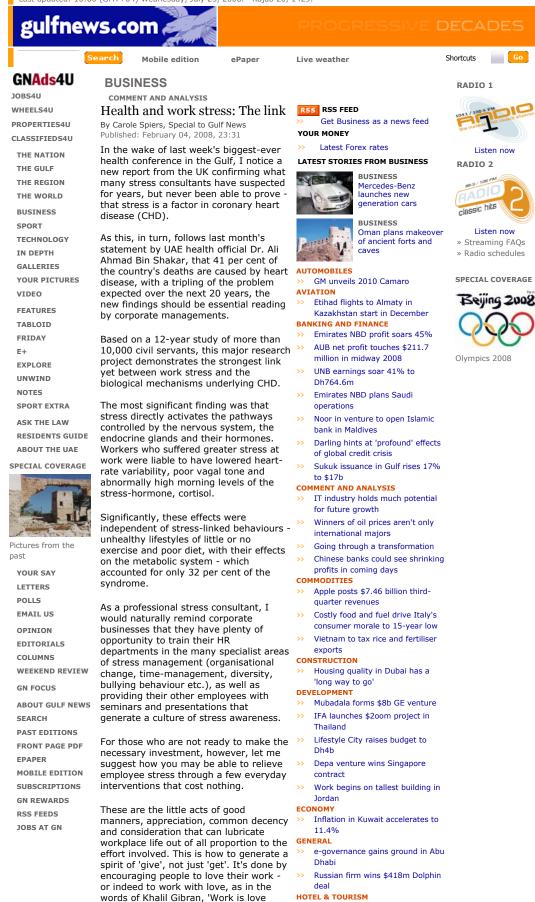
Last updated: 16:00 (GMT+04) Wednesday, July 23, 2008. Rajab 20, 1429.



http://archive.gulfnews.com/articles/08/02/05/10187190.html

made visible'.

The chairman or MD in particular firm should take a little time to 'walk the talk', showing an interest in people's jobs, always remembering names correctly (which carries far more impact than you may think), and generally making every person feel valued.

Certainly, employee health in the UAE faces many side-effects arising out of its breakneck commercial growth. That's a constructive thought to leave you with, as stress management moves firmly one step higher up the national agenda.

- The writer is a BBC broadcaster and motivational speaker, with 20 years' experience as CEO of Carole Spiers Group, an international stress consultancy based in London.

Key points: Impact

- Stress has been shown to impact on heart disease.
- Stress management is vital in countries like UAE where heart disease is rising.
- Invest in specialist help or reduce stress through your own interventions.

More from Business		
Printer-	Email	Bookmark
Friendly	the	this
version	Editor	article
Ē	Ê.	Ē
	Friendly	Friendly the

Post this story to:

Del.icio.us | Digg | Facebook | Reddit

>> Travelodge plans to boost UK seaside holiday market INDUSTRY

- Swatch, Rivoli tie up to boost market share in Saudi and India
- Caterpillar's earnings climb 34% on Asia sales MARKETS
 - Dubai market advances for third
 - straight day as Arabtec gains 7.61%
- Wachovia reports record quarterly loss of \$8.9b
- DuPont earnings up 11% as sales gain
 OIL & GAS
- Fuel price rise boosts Chinese demand
- Iran not to press for output cuts at Opec's next meeting
- Demand for oil products hits twoyear low in Korea
- TELECOM
- etisalat leads global mobile operators posting fastest firstquarter growth
- TOURISM & TRAVEL
- > Oman takes a 'different approach'
- TRADE >> Strong currency forces Dubai to
- import less from euro zone

MORE STORIES FROM BUSINESS

AUTOMOBILES

- Mercedes-Benz launches new generation cars
- AVIATION
- » BA to transfer to Dubai Terminal 5
- **BANKING AND FINANCE** >> Doha Bank Q2 net profit increases
- 25%
- » Noor Islamic Bank expands in Maldives
- Emirates NBD expands in Saudi Arabia
- >> Emirates NBD profit up in Q2 2008
- >> UNB records Dh764.6 million profit
- COMMENT AND ANALYSIS
- Do you really fly economy class?
- COMMODITIES
- » GCC-based jeweller posts 55% growth
- ECONOMY
- >> Map of the global food crisis
- INDUSTRY
- >> GE, Mubadala tie up for global
- venture
- INTERNET
- Web threatens MidEast business growth
- OIL & GAS
- >> Dolphin Energy taps Russian
- contractor
- REAL ESTATE PROPERTY >> Limitless to build Jordan's twin
- towers
- TECHNOLOGY
- >> BlackBerry or Apple?
- >> Joining the competition
- >> Wearable gadgets are in
- >> The degeneration of online
- debates

Business | Opinion | Classifieds | Features | Pictures | Site Map

About Gulf News | Contact Us | Subscribe | Jobs at Gulf News | Advertising Guide

gulfnews.com | XPRESS4me.com | GNAds4U.com

© Al Nisr Publishing LLC 2007. All rights reserved.