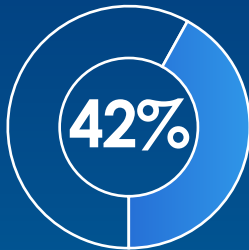


WORK-RELATED EMAIL IS PUTTING A DAMPER ON VACATION

TURN YOUR "WORKCATION" INTO A REAL VACATION!

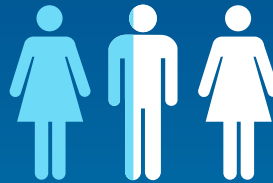


OF EMPLOYEES
FEEL OBLIGATED
TO CHECK THEIR EMAIL
DURING VACATION

1 IN 10
CHECK EMAIL HOURLY



MORE THAN **1/3** OF PEOPLE
ADMIT TO HIDING FROM FAMILY
AND FRIENDS TO CHECK EMAIL



ONLY 3% OF EXECUTIVES SAID THAT THEY
**NEVER SEND WORK-RELATED
EMAILS** WHILE ON VACATION

Imagine the option to turn on a **"Mail on Holiday"** function. When email comes in, it's automatically deleted and the sender is notified. That's how email is handled at Daimler's HQ in Germany.



30%



OF MIDDLE MANAGERS **EXPERIENCE WORK-LIFE BALANCE ISSUES** DUE TO WORK-RELATED EMAIL OUTSIDE NORMAL BUSINESS HOURS,

WHILE 21%

EXPERIENCE STRESS FROM CHECKING EMAIL

Sources: Randstad, Forbes Insights, American Psychological Association, Osterman Research, The Grossman Group, LCWA Research Group

TAKE THE PLEDGE

and get the help you need to have an email-free spring break. Click here to get 8 great tips for email-free vacations and to take The Pledge today. Your employees and your family will thank you.

THE
GROSSMAN
GROUP

