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WHAT TO PACK FOR GREECE IN SPRING



**Kyriakos
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DON'T BE BLIND TO INVISIBLE DISABILITIES

HERE'S WHAT STEPS
EMPLOYERS CAN TAKE

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TO SUPPORT
EMPLOYEES WITH
SEEMINGLY INVISIBLE OR
HIDDEN DISABILITIES
Guest blogger Kelly
Pashley-Handford

Under the Equality Act 2010, a disability is defined as a physical or mental impairment which “has a substantial and long-term adverse effect on a person’s ability to carry out normal day-to-day activities”.

[more.....](#)

How To Help Your Staff Switch Off When They Check-In

WITH THE HOLIDAY SEASON UPON US, MANY WORKERS ARE WONDERING IF THEY’LL BE ABLE TO COMPLETELY DISCONNECT FROM OFFICE LIFE. HERE ARE SOME INNOVATIVE WAYS BUSINESSES ARE HELPING THEIR STAFF SWITCH OFF AND RELAX

Jermaine Haughton



A London-based HR consultancy has begun switching off the emails of staff members on annual leave so that they can’t be disturbed on holiday.

Purple Cubed believes the initiative will also prevent workers

returning to the office confronted by a mountain of work that has built up during their time off. The firm's people director Emily Moore says the move allows staff to enjoy their annual leave and return to work fully refreshed and ready to excel in their roles.

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Lloyd's of London Will Name and Shame Sexual Harassment Culprits



By Gavin Finch and Nejra Cehic
27 Μαρτίου 2019, 2:16 μ.μ.
EET

Lloyd's of London will publicly name and shame anyone it bans from its insurance market for sexual harassment, according to Chief Executive Officer John Neal. "When we do see instances of bad behavior, and let's hope they are infrequent, we have got to be public and decisive about the action that we take," Neal said in an interview on Wednesday. "People have got to be really clear that you cannot behave that way. Where we ban someone we should be very public about it."

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MIKE SHAW: HOW RUNNING CHANGED MY LIFE

For Mike Shaw, running was never a passion – until he dislocated his neck at C4/C5 in 2013, while skiing in Colorado. Then he longed to run. The Wings for Life World Run has touched his life in extraordinary ways.



RUNNING FOR RECOVERY

It's such a privilege to be mobile, fast and agile – I totally took it for granted before. Running takes a lot more effort for me now, but I am truly grateful for every step I can make on my own two feet. I give it my all, especially in the Wings for Life World Run.

[more.....](#)

MAY 5, 2019

RUN FOR THOSE WHO CAN'T



**WORLDWIDE START AT
11:00 UTC**

Be part of a global running event when tens of thousands run on May 5, 2019 – all at the same time – to find a cure for spinal

cord injury. [more.....](#)

3 WAYS TO PARTICIPATE - THE CHOICE IS YOURS

You will run with over hundred thousand people all over the world at exactly the same time. 100% of your entry fee goes directly to spinal cord research.

[more.....](#)

WHERE WOULD YOU LIKE TO RUN?

[LOCATIONS.....](#)



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