

PA ENTERPRISE

DeskDemon's Magazine for Executive PAs, Office Managers and Secretaries

May 2017

**Tempted
by an office
romance? Read
these tips first!**

**Everything you
need to know
about sick pay**

**Revealed: the 10 most
annoying office phrases**

**What everyone is insecure
about at work**

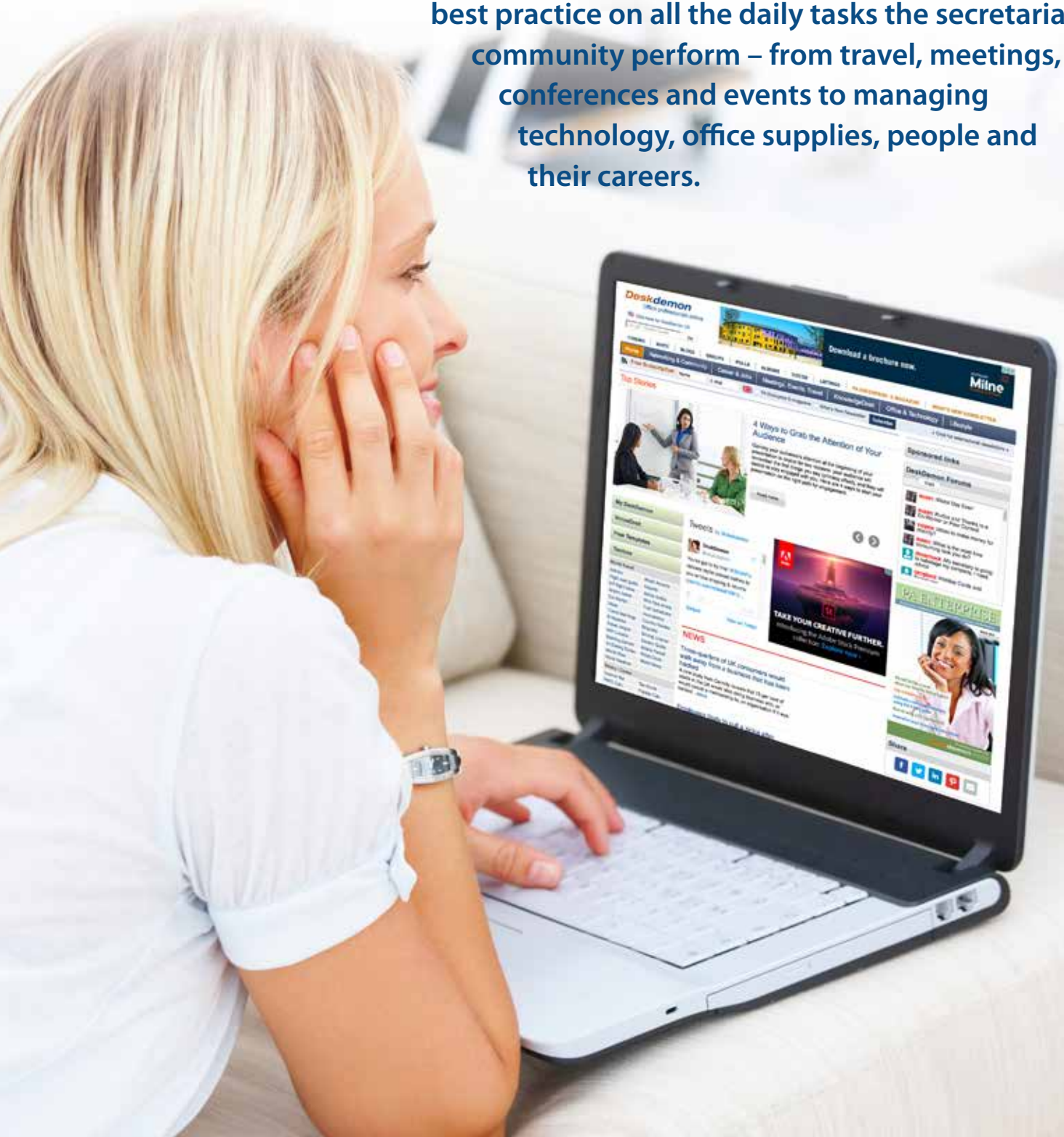
What makes us really ANGRY?

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As an office worker, where do you go for information, advice, tutorials, vital tools, training and relaxation?

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Revealed: the 10 most annoying office phrases

On the surface, it may seem like a polite way to ask for someone's time. But asking 'Can I borrow you for a sec' is also a guaranteed way to irritate your colleagues, according to research by Reed.co.uk. The phrase was named not only the most overused (41%) but also the most frustrating saying (13%) heard in the workplace.

String theory

The survey of 2,000 workers, revealing the most commonly used sayings at work, also highlighted perennial meeting favourites 'How long is a piece of string?' (33%) and 'Move the goal post' (28%), which were named the second and third most overused respectively.

And when it comes to motivating staff, be wary of using phrases such as 'Teamwork, dreamwork' as one in eleven Brits (9%) confessed it as the second most irritating phrase they used at work.

Second came 'win-win' (9%), and 'blue sky thinking' (8%) rounded out the top three when it comes to our buzzword bugbears.

Jargon overload

Work based jargon is commonplace, with 94% of workers saying they are exposed to it, however the study highlights that many do not know the true meaning behind a phrase.

'Dial it up' is the most misunderstood expression in the workplace, with two fifths (42%) believing it means 'make a phone call' rather than 'amplify'.

A further 41% think that 'What's the red thread?' is code for 'What's the risk?' when in fact it means 'What is the consistent theme?' And two in five (42%) believe 'let's take it offline' means 'let's discontinue this email conversation and continue

it face-to-face', instead of 'Let's discuss that after the meeting in private'.

ROFL

Finally, those with a particular peeve for overused lingo at work should watch out. It might just be about to get a whole lot worse.

'OMG' (26%), 'LOL' (19%) and 'On fleek' (4%) are slowly creeping into workplace conversations with employees taking them offline and using them 'IRL'.

Phrases guaranteed to irritate your co-workers

Can I borrow you for a sec? (13%)

How long is a piece of string? (11%)

Think outside the box (11%)

Teamwork, dreamwork (11%)

Keep me in the loop (9%)

Win-win (9%)

Pick your brains (8%)

I'm stacked (8%)

Blue sky thinking (8%)

Just playing devil's advocate (8%)



The most overused sayings in the workplace

- Can I borrow you for a sec? (41%)
- Pick your brains (36%)
- Think outside the box (35%)
- Keep me in the loop (34%)
- Get the ball rolling (34%)
- All hands on deck (33%)
- How long is a piece of string? (33%)
- Back to the drawing board (31%)
- Can you shed some light on this (30%)
- Move the goal-post (28%)

Online expressions people say in the workplace

- OMG (26%)
- LOL (19%)
- FYI (12%)
- Epic fail (10%)
- Cringe (8%)
- Swag (6%)
- YOLO (5%)
- On point / on fleek (4%)
- For the win (4%)
- That's cray (3%)

Tempted by an office romance? Read these tips first!

As anyone who's been there will testify, trying to balance romance and a job in the same place isn't always easy. But for those who are (or thinking about) going there, psychologist Wiebke Neberich shares her top 10 tips for making sure neither your job nor career suffers.



Affection is not always mutual

If the advances of a colleague do not interest you, or if you already have a partner, clearly communicate this to them to avoid misunderstandings. If somebody tells you the same, respect their wishes and remain professional.

Consider whether a relationship with a colleague is worth the risk

Imagine the worst case scenario: the relationship ends badly, and you feel one of you must move departments or leave your position because the daily contact is too stressful. My advice is to take things slowly; get to know the other person well and gain a solid impression of your mutual relationship intentions before committing.

Make your situation official as soon as possible

If something serious does develop, a brief word to direct colleagues is a good idea before somebody else does it for you. It's always best to be open about a working relationship.

Don't share intimate details of your relationship with another colleague

Never be tempted to discuss your relationship in detail with others at work. An office relationship will always benefit from discretion and loyalty.

Refrain from making personal jokes

This only serves to separate you and your partner from other team members and might affect how you get along with others in the company.

Spend your breaks and time after work with other colleagues

I highly recommend doing this, as it helps to continue to be seen as part of the team and as independent from your partner.

Refrain from talking about work issues at home

This is especially true if your partner wants to avoid doing so. Your partner is not a sounding

board for your work problems; properly enjoying your free time together means doing and talking about other things. If one of you must talk through a work issue, be pragmatic and set an agreeable time-limit.

Find independence

Spending so much time together can be a challenge, so it may be helpful to find independence through having different hobbies or groups of friends. All couples handle this differently, so find out what sort of balance works for you.

If it doesn't work out, end things professionally

If unfortunately the relationship isn't a success, daily interaction can be stressful. But with a clear, solution-focused conversation, it is manageable. If you break up, agree on rules for how you want to interact with each other at work; this can prove very helpful in the period directly after a break-up.

Lasting relationships require discipline, attention and dedication. This is even truer for relationships that must also handle work together. But if you really love your partner and you are well suited, with consideration of how to have the happiest relationship, it is not difficult to balance work and love. The benefits can in fact be hugely rewarding.



Everything you need to know about sick pay

No matter what stage you're at in your career, it's essential you're aware of your rights to sick pay. Research by cv-library.co.uk revealed that the average employee only takes between one to two sick days a year, but do you know if and how you're getting paid for it?

Calling in sick

So, most of you feel pretty guilty about calling in sick, 68.3% of you to be precise according to our latest research. It's probably why over two thirds (67.5%) of you still go into work when you're feeling pretty grim. But unfortunately you can't be an absolute trooper 24/7 and there are some days when you have to call in sick – so how do you go about it?

If you're going to call in sick, you need to speak to HR or your line manager. It's more than likely there's a deadline for when you need to call in by too. If you're not too sure, check your employee handbook and make note of it; it's probably around 9.30am, so the earlier you tell your employer you'll be absent due to illness the better. You don't need to go into specifics about your illness when calling in, but you should make an effort to keep your manager informed of your progress and your expected date of return.

In the professional world, it's you that has to call in sick; not your partner, or your dog, and especially not your mother. If it's impossible for you to call due to the nature of your illness, only then is it acceptable for someone to call on your behalf.

Now your employer's not stupid; they know there are a fair few excuses out there for calling in sick. But did you know an employee, who's

been absent due to sickness and then found not to have been genuinely ill, could be subject to disciplinary action, up to and including summary dismissal for proven acts of gross misconduct.

Sick leave

When you return to work after being off ill, your employer will more than likely ask you to fill in a self-certification form. This is to establish how long you were off for, and how they can help you return; for example, you might need to work shorter days, or reduce the amount of physical labour for a short while until you're fully recovered.

If you've been off work for seven days or more (including non-working days), you'll need to supply your employer with a doctor's fit note (also known as a sick note or medical statement) as evidence of your illness. We advise you make a copy of this fit note, keeping the original for your files and giving the replicate to your employer.

To obtain a fit note, you simply need to contact your GP, or you can contact your hospital doctor if you're receiving treatment there. Be warned, doctors may charge you if you ask for the note before your seventh day off sick.

Your doctor is either going to declare you 'may be fit for work' or 'not fit for work' and your employer must abide the statement given. If your doctor



thinks you are fit to return to work, your employer should discuss with you any changes that might ease your return, such as working different hours, or changing your tasks or workload. In our recent research, over a third (34.2%) of employees revealed that their managers put pressure on them to return to work early. If you find yourself nodding in agreement with this, you need to notify HR. Considering 85% of UK employees feel much less productive at work when they're unwell, forcing yourself to return to work because you're feeling guilty, or because your manager's pressuring you, isn't doing anyone any favours.

What is Statutory Sick Pay?

There are two types of sick pay: Statutory Sick Pay (SSP) which employers are legally required to pay qualifying staff, and Occupational Sick Pay (OSP) which is an employer's own sick pay scheme, usually more generous than SSP. Please note though, not all employers have an OSP scheme.

So, SSP is the money paid to you by your employer while you're off sick from work. It will be paid to you the same way as your wages; that is, on your normal payday, with tax and National

Continued ►

Insurance deducted. SSP is not payable for the first three qualifying days of your absence, i.e. the first three days you're normally expected to work under your contract of employment. Just to be clear then, if you're off for one, two or three days you won't get paid SSP, so you'll need to seriously consider taking the day off if you've just got the sniffles!

To qualify for SSP you must have been off work for four or more days in a row – this includes non-working days. Therefore, if you get ill on Saturday it will count as your first sick day. It's also worth noting that if you're in work for a minute or more before going home sick, that day will not count as a sick day. Yep you read it right, a minute or more and that day won't count as a sick day.

How much SSP will I get?

No matter what, you can't get less than the statutory amount when you're off sick. You may get more than SSP though if your employer has an OSP scheme (more on that later!).

There is a limit of 28 weeks SSP in any one period of sickness, or linked periods. Periods of sickness are said to be linked if the second period starts within eight weeks of the end of the first period. SSP is currently (November 2016) £88.45 a week (for up to 28 weeks) and you'll only be paid on the days you normally work; these are your 'qualifying days'. Remember, you won't be paid for the first three days of your sickness; these are your 'waiting days'. If you're working part time, the same wage applies, but it will be calculated pro rata.

If you're curious how much SSP you'll be paid, you can use this neat calculator!

Qualifying for Statutory Sick Pay

In order to be eligible for SSP you need to fulfil the following criteria:

- **You must have an employment contract**

- **You must have completed some work under your contract**
- **You must have been sick for four or more days in a row – this includes non-working days**
- **You must earn at least £112 a week**
- **You must give your employer the correct notice of your sickness**
- **You must supply proof of your illness after seven days off – through a fit note or self-certification form**

How to claim Statutory Sick Pay

If you want to claim SSP, it's best practice to tell your employer in writing, even if they don't require it. You will also need to submit your request for claiming SSP by your employer's deadline. If they don't have a deadline, aim for within seven days from your first day of illness, or as soon as you possibly can – if you're late in notifying your employer they don't have to pay you SSP, unless there was a good enough reason for the delay, of course. You will also need a fit note from your doctor if you're off sick for more than seven days to prove your illness and claim.

Unfortunately there may be the occasion where your employer rejects your SSP claim. If you think your employer deciding not to pay you SSP is wrong, or if you think you're not getting the correct amount of SSP, you must ask them to provide a reason for their decision. Hopefully this should resolve your confusion, even if you are unhappy with the outcome. However, if you still think your employer has made an unfair decision, you should contact the HM Revenue and Customs employees' enquiry line.

Your annual leave

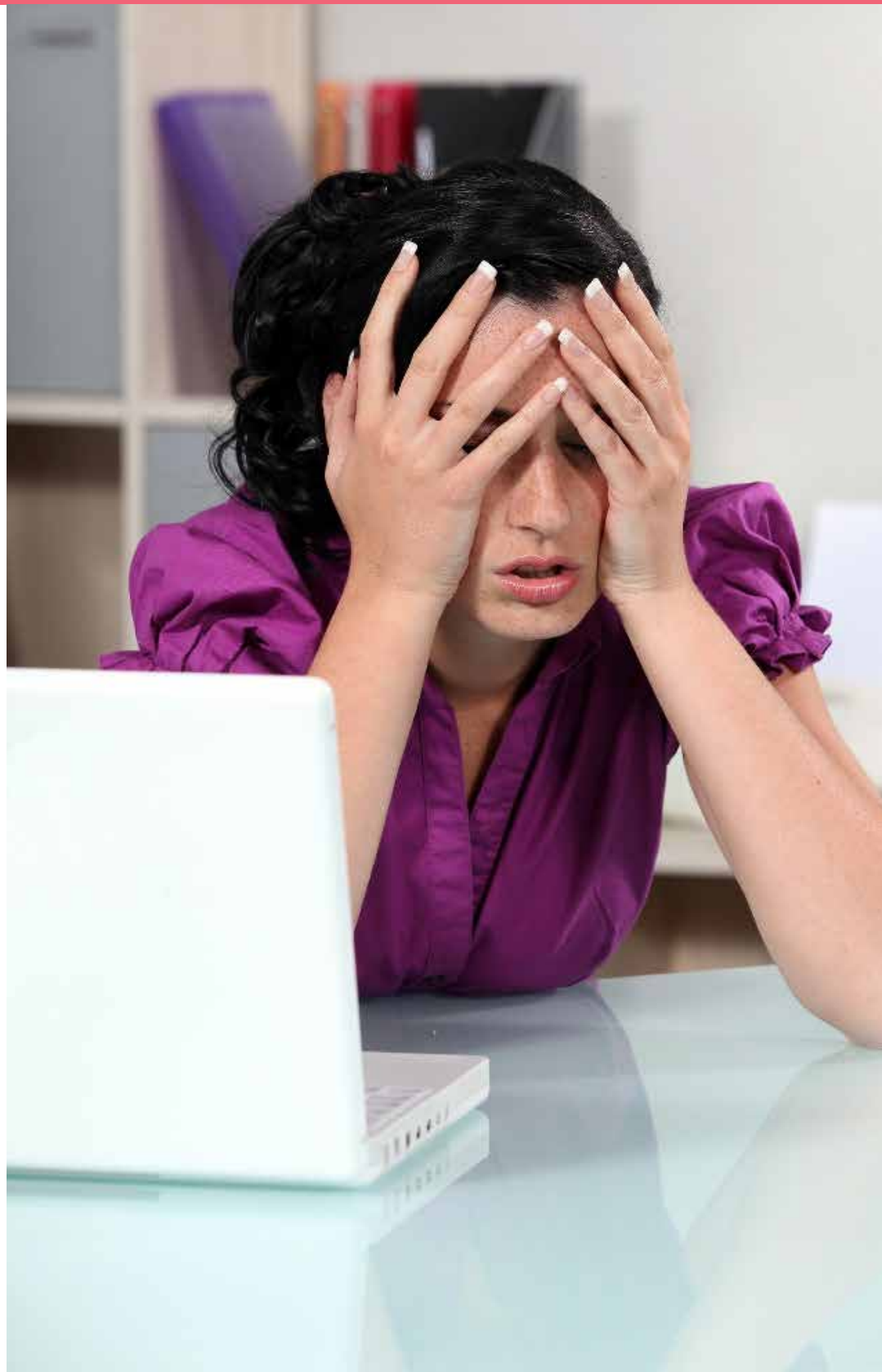
So in the unfortunate event that you're pretty ill and are off work for a lengthy amount of time, you might be wondering what's going to happen to all your annual leave. It's good news! You are

entitled to accrue statutory minimum annual leave entitlement and can carry it over into next year if you're too unwell to take it. Alternatively, you can take your annual leave while you're off sick so you'll be paid normal holiday pay rather than SSP.

In addition, if you find yourself in the truly rotten situation of becoming ill during your holiday, there is the small blessing that you can take it as sick leave instead. You might have to ask your employer if they'd be so generous as to refund your annual leave though...

Occupational Sick Pay

OSP is also known as Company Sick Pay or Practice Sick Pay, and it's up to your employer whether they offer this to staff. OSP is a typically a far more generous allowance than SSP, and unfortunately it seems that only half (55.9%) of companies today offer it, placing many of the nation's workers in a financial conundrum if they can't afford to take time off. Our research revealed that 94.3% of workers believe all businesses should continue to pay their employees when off sick, however it seems that many companies avoid doing this as sick pay is seen as a major expense. If you're not sure whether your employer offers OSP, check out your contract or staff handbook.



What makes us really



Angry Brits reach boiling point on average 20 times a month – with people pushing into queues, rude shop assistants and people who can't park properly as our biggest bug bears.

Researchers have revealed lengthy airport delays are also likely to make our blood boil, as is not being able to log on to your WiFi, watching the endless, spinning wheel on your computer while it's loading and spam emails.

The research conducted by Redring also found 62% of Brits said the strains of modern life often made them angry as did standing on chewing gum, being around drunk people when sober - and screaming children in public places.

Also featuring on the list were traffic wardens, American rapper Kanye West, smokers, flat tyres, MPs and spilling coffee down yourself.

Not surprisingly then, more than one in ten respondents described themselves as "very stressed", with 41% claiming they were 'somewhat' stressed.

Four in ten of those surveyed said when they lose their temper, they are most likely to vent their anger at their other half.

Julie McLean for Redring who commissioned

the survey in conjunction with the launch of its new affordable instant 3-in-1 boiling water tap, Reditap, said: "Everyone can relate to this list. Even the calmest of people lose their temper every now and then."

The survey found 46% of us have got so angry they have screamed out loud, one in five stamp their feet and nearly one in ten have even smashed their phone in frustration or thrown furniture.

On average, the research revealed that the typical adult will have four arguments a month with other halves being the person we are most likely to row with.

Nearly one in ten said they are most likely to argue with work colleagues and one in twenty said it was their Mum who was most likely to cause friction.

Julie McLean for Redring, who have launched a competition on <https://www.facebook.com/RedringUK/> added: "The research shows, impatience is a trigger for stress – in this day

WHAT SENDS US TO BOILING POINT...

People who push into queues

Bad drivers

Sales calls at home

Rude shop assistants

People who cough but don't cover their mouth

Screaming children in a public place

People who invade your personal space

People who eat with their mouth open

Donald Trump

People talking on the phone too loudly

Traffic jams

People who hog the middle lane of the motorway

People in cars who don't say thank you when you let them out of a junction

Smokers

People who can't park properly

The "spinning wheel" on your computer when it's loading

Not being able to get on WiFi

Drunk people - when you're sober

Spam emails

Too many adverts on TV

MPs

People who try to talk to you when you are on the phone

People who pick their nose

People who are rude in emails

Leaving a tissue in a pocket and putting it into the washing machine

People who portray a "perfect life" on social media

Delays at airports

A flat tyre on your car/bike

Spilling coffee over yourself

No mobile phone signal

Paying tax

Online adverts

Running out of loo roll

Kim Kardashian

Unpredictable weather

People reading over your shoulder

Kanye West

Traffic wardens

The British summer

Justin Bieber

Filling out forms

Your dishwasher breaking

and age we are used to getting things instantly, so waiting for technology to load or being sat in traffic can cause us to reach boiling point.

"With the Redring 3-in-1 instant boiling water tap, you have boiling water immediately available at the turn of a tap, so there is no need to wait for the kettle or a pan of water to boil."

The poll found 86% of those questioned felt Britain was becoming a less tolerant nation.



What everyone is insecure about at work

Everyone feels insecure at different points in their career. When I first started my job, for example, I was nervous about doing well. When I began to take on more responsibilities, I was unsure of how many questions I could ask without annoying my boss. And when I went out for drinks, I was scared I'd say something dumb as the youngest team member. So, if you're worried your insecurities are showing at work, you should probably know you're not alone in your thoughts.

1. Saying Something Dumb

As much as I'm concerned about bringing up something that will make me sound 12, most people fear the things they say (both in and out of the office) will make them look stupid, or unprofessional, or just plain weird.

No one's perfect. We don't always have the inclination to censor or rethink the things that come out of our mouth. Rather than worry about saying the wrong thing all the time, be proactive and learn how to reach when you do—whether that means apologizing, elaborating, or just brushing it off and making a joke out of it.

2. Having Zero Good Ideas

There's nothing more terrifying than entering a meeting and having nothing to contribute (OK, there are bigger fears, but roll with me here). I mean, you don't want to be that employee who "doesn't add value."

But great ideas come organically, not when they're forced out of the need to feel included. Not having a good idea in the moment isn't the end of the world. I promise your next big break is right around the corner.

3. Not Understanding Something

Maybe you've sat through a company meeting before, and as the speaker starts rambling off in buzzwords and abstract concepts, you nod your head in understanding, but secretly you're thinking "What the Hell is he talking about?"

Well, just because everyone else is nodding their heads doesn't mean they necessarily understand, either. Which leads me to the best advice you'll get all day – just ask. Mythbusters doesn't need to tell you that there's no such thing as a stupid question. The speaker's probably thrilled to clear up confusion, meaning you'll be able to institute the changes quicker, while also looking smarter, while also ensuring the entire team's on the same page. Win-win-win-win.

4. Accidentally Offending Someone

Sometimes, we say dumb things that can affect our reputation, and other times we say dumb things that actually offend people. If you're afraid of hurting someone, that means you're a good person – and shouldn't be insecure about it.

But, for good measure, there are always fixes. Before you crack a joke in your next presentation



in front of a group, you can ask one person to give you their honest opinion on it. If you sent out a memo that ended up upsetting your colleague, you can apologise. And in general, you can avoid the situation altogether by staying away from sharing any comments that you're unsure about.

5. Not Getting Everything Done on Time

When you're stressed or overwhelmed, it's easy to assume that you're the only person who can't seem to get a grip on your workload.

The reality is that you're just having an off day, and tomorrow or next week will get better.

And if it doesn't seem to be improving, the smart thing to do is be honest with your team on what you can accomplish, and what you need help on.

6. Not Being Recognised for Your Work

After you've worked so hard on something, there's nothing scarier than feeling like all that effort will go unnoticed.

A good manager and supportive team won't let that happen, but if this happens more often than not after you've made attempts to fix it, it's possible you might not be in the right workplace for you.

7. Getting Radio Silence After Sending an Email

Whether it's a follow-up after speaking with an important client or an important email asking to speak with your manager about a potential raise, it's pretty nerve-wracking to just sit around and wait - and even more stressful if they don't respond right away.

The first question to ask yourself, if this happens a lot, is if you're sending the right kinds of emails. Then, if you're checking all the boxes, figure out if this is actually the best form to communicate with someone.

Maybe they're more responsive over the phone or in person, or maybe they rarely check their inbox and prefer instant messaging. And finally, accept that some people are just bad at keeping up—and that's not your fault.

8. Coming Across as a Wise-Ass/Pushover/Suck-up

No one wants to be seen as weak, obnoxious, or incompetent by their peers. The thing is, this all rides on you. You have the power to be liked and respected at work. Do your job to the best of your abilities, be nice and helpful to others, don't miss deadlines, avoid gossip—and there's no reason to ever worry about getting this label.

It's normal to experience bouts of insecurity in your career. But if you're getting positive feedback, being included in important decisions, and overall feel good about your work, there's really nothing to worry about.

By Alyse Kalish themuse.com

Life changing decisions are often made on holiday

Starting a new career, proposing to your other half and to pen a novel are among a list of life-changing decisions we have made while on holiday, a new study has revealed. Researchers surveyed holiday makers and found getting away from it all eases stress for over half of us, leading to the average adult having made TWO major decisions while away on their holidays.

According to the study by leading online travel agent, Travel Republic, nearly half of Brits say their annual holiday is the only chance they get to reassess their life, with 55% of parents using family holidays as a time to make life changing decisions.

In fact, the typical adult will spend a staggering SIX hours of their holiday dedicated to mulling over their career plans, love life and living arrangements.

A third said not having the stress of work makes it easier to think and 34% said a holiday enabled them to talk to their family and friends at length.

One in five of those surveyed said their friends and family are always more likely to open up to them when they are on holiday.

To go on an extreme diet or exercise plan, move in with a partner, starting a family and getting a tattoo were other popular decisions to make when on abroad on holiday.

Other more unique decisions included, to become independent and purchase a mobility scooter, apply for a PHD and for some brave UK

holidaymakers to say "I love you" for the first time.

And with decisions made, the majority of respondents (95%) said their life changes were the right decision.

A tactical 13% of adults said they have waited until a holiday to start a difficult conversation which needed handling delicately.

A spokeswoman for Travel Republic, which carried out the study of 1,000 holiday-makers, said: "We live busy, stressful lives and this research has shown the importance of holidays for Brits as a time to really reflect on the things that are important in life"

"Not having to face the daily grind of work, the commute and domestic life can relieve the stress that help us to be more relaxed and open to deeper conversations."

"And it is great to see that by having the time to talk and disconnect from everyday life, these major decisions being made whilst on holiday are having a positive impact on our customer's lives."

More than one in twenty adults have been in such a quandary regarding an aspect of their life they



booked a holiday purely to ponder what to do for the best.

Spain came top of in the list of international destinations we are most likely to reach to some major decisions, followed by the USA, Italy and Greece.

Nearly two thirds of those studied said a relaxing, beach holiday was the best type of break to contemplate life issues – although 18% felt a city break was preferable.

Naomi Wilkinson, Marketing Director at Travel Republic added: “There are many reasons why

people go on holiday, and it is not surprising so many of us have booked a beach holiday in order to relax and use the time to contemplate major decisions.”

“Every holidaymaker is unique, and the idea of a relaxing holiday to facilitate deeper conversations can vary, whether it is soaking up the sun on a beach or wandering the streets on a cultured city break. Travel Republic works with many airlines and hotels in over 1,000 destinations worldwide, so holidaymakers can create their own perfect break.”

Travel plans, the family finances and relationship



issues were the lengthiest topics of conversation for the average adult when on holiday.

Some more drastic conclusions adults have to come to on holiday are to have a start a business, to take early retirement and to go on a gap year.

More creative types have decided to start a blog or write a book, and the adventurous have committed to completing a new challenge and or an extreme sport, like bungee jump or sky dive.

MOST COMMON DECISIONS TO MAKE ON HOLIDAY

1. To move house
2. Renovate your house
3. To start a family
4. To start a new career
5. To go on an extreme diet or exercise plan
6. To quit your job
7. To move in with your partner
8. To resolve day to day relationship issues
9. To have another baby/grow your family
10. To get a tattoo
11. To start your own business
12. To achieve a lifelong goal or challenge
13. To leave an unhappy relationship
14. To emigrate or move to another part of the country
15. To re train in something you always wanted to be
16. To take early retirement
17. To propose to your other half
18. To resolve a long-standing family rift
19. To write a book
20. To start a blog

The most annoying people at work

Recent research at CV-Library has revealed the top ten most undesirable personality traits in the workplace, so don't think you're alone if you don't get on with all of your colleagues. We all know at least one person who really gets on our nerves at work, and even if you've only been working for a short time, you're sure to relate to this article. Read on to find out who employees think are the most annoying people at work, and see if you can spot yourself!

1. The arrogant one

We all know one of these people. The one who thinks they're the bee's knees, and that the world revolves around them because they're just so fantastic. Sound familiar? According to our research, 55% of employees find arrogance in the workplace irritating.

2. The lazy one

The one who never seems to do anything productive, and is about as useful as an inflatable dartboard. Our research reveals that 47% of employees dislike people who are lazy at work.





3. The patronising one

Can you think of a condescending one who seems to enjoy treating you like a small child? If so, you're not alone. Being patronising is not a good personality trait, or so 24% of UK employees thought.

4. The controlling one

Do you find it hard to get on with people who are controlling at work? You're not alone: 24% of employees feel the same way.

5. The vulgar one

Why does every other sentence have to contain a swear word? This is the person whose language would make your grandmother cringe. And it would seemingly make 19% of employees cringe, too.

6. The gossipy one

Why can't some people just keep to themselves? They seem to know the entire office's secrets before anyone else. This is not a good personality trait, according to 17% of employees.

7. The distracting one

It's great to be friendly, but some people go a little too far and don't seem to know when to

stop to let you get on with your work. According to our research, 16% of employees feel that people like this are annoying. Which is fair enough — we have deadlines, after all.

8. The cynical one

You probably know a skeptic who questions everything and thinks everyone has an ulterior motive. According to our research, 15% of employees dislike people with this personality trait. And for good reason: it's hard to work with someone who questions everything you say.

9. The narrow-minded one

Seriously, don't you ever try something new? 15% of employees dislike people who come across as narrow-minded. And that's understandable; it can be extremely frustrating to work with somebody who refuses to try anything new and prefers to remain stuck in their ways.

10. The procrastinator

We're humans — we all procrastinate sometimes. But there are those who take it too far and seem to spend the whole day doing absolutely everything under the sun other than that big project they need to be getting on with. According to our research, 13% of employees dislike this personality trait.

Turmerlicious – a new range of instant Turmeric Lattes

Turmeric Lattes are being heralded as one of the trendiest, as well as healthiest drinks for 2017. From Artisan coffee shops to sports clubs, this healthy alternative to coffee is fast becoming a hot favourite.

However, making your own is not only time consuming but can leave your fingers and kitchen counter a lovely shade of yellow! So the mother of 5 and business owner Maggie Howell has launched Turmerlicious - a new range of instant turmeric lattes which come in convenient single serving sachets for when you are on the go or larger packs of 10 servings for your kitchen counter.

Turmerlicious is made from a blend of coconut milk, turmeric, ginger, cinnamon, a hint of black pepper to aid with the absorption of turmeric and coconut blossom nectar to a touch of sweetness. To accommodate the taste buds of her own 5 sons, she has created four different natural flavours – Vanilla, Ginger, Choco, and for the not so faint hearted, chilli choc.

Turmerlicious also ticks many of the free from boxes as it is dairy free, gluten free, nut free and the non-choco versions are also caffeine free. To maximise the health benefits of the drink each serving contains approx. 1.5g whole food Turmeric powder.



The real beauty of Turmerlicious is it so simple and easy to make - Just add 3 heaped teaspoons to a mug, pour in boiling water, stir well and enjoy!

What makes Turmerlicious different from other turmeric products?

Turmeric is fat soluble so it has to be consumed with fat for it to be absorbed into the gut (hence

many supplements just pass straight through you). Research has shown that Turmeric also needs to be buddied up with pepper for it to be fully absorbed. Finally, heat makes the turmeric more soluble and so more easily absorbed into the body

Unlike many other turmeric based products, Turmerlicious is made from the whole turmeric root, contains black pepper and coconut milk (65% fat). As soon as you add the hot water you have the optimum combination to maximise absorption into the body.

£6.95 for a 200g pack (10 servings) is available from Turmerlicious.com