



For Immediate Release

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SCARY'S FINE AT HALLOWE'EN...BUT FEAR IN THE WORKPLACE ISN'T

Vancouver, BC – Hallowe'en is always a fun time to explore what scares us the most, but unfortunately, it also seems "fear" is something many people experience almost daily on the job.

A survey released just in time for Hallowe'en by Accountemps in the United States reveals that the leading "fear" in the workplace is "making a mistake". 28% of respondents reported they dreaded making errors. The next biggest fear was dealing with difficult customers or clients (18%), conflicts with management (15%) or coworkers (13%), and speaking in front of a crowd (13%). Only three per cent had no workplace fears to report.

"A certain amount of stress, and maybe even a little fear, can often serve to keep us 'on our game' at work, but too much may result in poor performance or even health issues," said Christian Codrington of the BC Human Resources Management Association (BC HRMA).

"Like in everyday life, workplace fears are often the result of falsely held assumptions or misinformation. Management as well as staff must find a variety of opportunities to communicate and more importantly hear each other."

Codrington adds seeking out Certified Human Resources Professionals (CHRPs) working in businesses and organizations across British Columbia is a good first step to managing employee fears or any other workplace issues.

The Accountemps' workplace fears survey results may be found at www.accountemps.com

About BC HRMA (www.bchrma.org)

BC Human Resources Management Association is a non-profit organization dedicated to advancing professional people practices through professional development opportunities such as conference, workshops, symposiums, mentorship and volunteer programs. The association provides leadership to more than 5,500 members and 3,000 affiliates that collectively represent CEOs, directors of HR, consultants, educators, students, HR generalists, and small-business owners. Established in 1942, BC HRMA is a founding member of the Canadian Council of Human Resources Associations (CCHRA) and the exclusive grantor of the Certified Human Resources Professional (CHRP) designation in British Columbia.

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Media contact:

Trevor Pancoust

604-646-3567

tpancoust@pacegroup.com