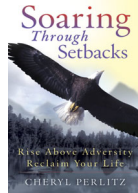


FOR IMMEDIATE RELEASE
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Soaring Through Setbacks...
Rise Above Adversity - Reclaim Your Life
***A book about dealing with grief, career changes
and other major transitions***

Cheryl Perlitiz
author/ speaker/ facilitator

How to make your work a labor of love for everyone **Be a fantastic boss**

Job dissatisfaction is an epidemic these days. In fact, according to careerbuilder.com, 1 in 4 people plan to quit their jobs in the next 9 months. Most of these people are not quitting because they are unhappy with their jobs, but because they are unhappy with their boss. Fantastic bosses have satisfied employees who are motivated, productive and happy.

As a boss, how can you create an environment that makes your employees think of their time at work with a smile instead of a sneer? How can you create an atmosphere that encourages a cohesive team spirit built around a common purpose and resulting in higher productivity and job satisfaction for everyone?

Cheryl Perlitiz, mountain climber, survival expert and author of '**Soaring Through Setbacks...Rise above Adversity, Reclaim your Life**' shares a unique view of how a team works together, and especially how business leaders can lead their team to greater heights. Using the mountain as a metaphor for the challenges faced every day in the workplace, she shows people how the leader of the team is the key force in a successful climb.

Survival tips for the boss at work:

Honor individual differences. Appreciate everyone and work with their different styles, knowing that everyone has something different and important to contribute to a functional whole.

Have a common and meaningful vision. Workers need to believe that the work they are doing is meaningful and that they are making a contribution in achieving a company vision. The vision should be determined by everyone, openly shared and be based on a value system that serves a larger purpose.

Communicate openly and honestly. Listen without judgment and encourage an environment of trust based on respect. Be honest and authentic about yourself, how you are feeling, and your business situation.

Really care about your fellow employees. Care about your employees personally: their work, their family, and their emotional and physical health. Don't forget how important it is to have fun at work: it enhances job satisfaction, creative thinking, productivity, and personal fulfillment.

Create a learning environment by providing proper training and encourage ongoing intellectual enrichment. Encourage others to improve themselves so they can stretch themselves and reach their full potential.

Reward employees for a job well done. Acknowledge them and reward them verbally, financially, and in other creative ways. Verbally encourage people daily to boost morale and show them that they are valued and appreciated. Make sure your praise is heartfelt and honest.

Cheryl Perlitz is the author of the inspirational book "Soaring Through Setbacks - Rise above adversity - Reclaim your life" the on line training program "Working through Setbacks....The Path to Positive Change" and is co-author of Getting Things Done – Successful Women Speak. As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: cheryl@SoarWithMe.com or call 847-510-5919

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