

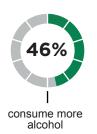




# **KEEPING INTERNATIONAL BUSINESS TRAVELLERS** HEALTHY, HAPPY AND ENGAGED AT HOME AND AWAY

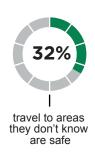


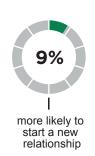
of IBTs are more likely to engage in a number of RISKY BEHAVIOURS when travelling on business

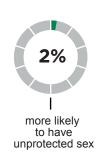


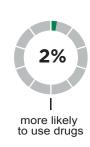












#### **POSITIVE**

67%

feeling engaged with their work

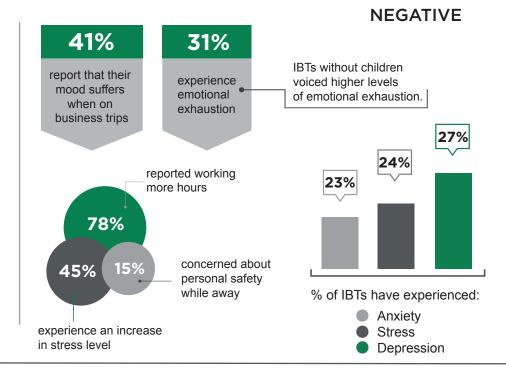


see business travel as an opportunity for adventure



see business travel as freedom from home life

### **EMOTIONAL OUTCOMES**



### PHYSICAL HEALTH IMPACT



less likely to have a balanced diet



suffer from less quality sleep

less likely to exercise

## WORK/LIFE BALANCE

# **ONLY 40%**

of IBTs reported a sufficient work/life balance

