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Get away to become better at work

By Gerry Zack, CCEP, CFE, CIA

Many people take vacations but don't really know how to take one effectively. Others foolishly say they don't need a vacation. But everyone can benefit from getting away.^[1] As I write this, I am still feeling the benefits of a trip to South America that I returned from three weeks ago.

While most agree that taking vacations is a good idea, some report that the benefits are short-lived, disappearing quickly after returning to work. Why do some people benefit for longer than others? I think there are several reasons, some of which I've read about; others are simply my own experience.

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