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GBTA | Michigan Chapter

July 28, 2021

Connecting the people that connect the world.™



Welcome!

Today's Meeting is worth 1 credit for GTP certification



Agenda

- | | |
|----------|--|
| 10:30 AM | Registration & Networking |
| 11:00 AM | <i>How to “Swing” Your Next Business Trip</i>
<i>Liz Johnson, Colin Naimy, and Jenny Baumann</i>
<i>Erin Ramos, Workforce Risk Expert, International SOS</i> |
| 12:00 PM | Ann Rudisill, Downriver For Veterans |
| 12:15 PM | MBTA Business Meeting |
| 12:30 PM | Lunch & Networking |
| 1:30 PM | Topgolf Competition |
| 3:00 PM | Meeting Adjourned |

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How to “Swing” Your Next Business Trip!



Jenny Baumann
Delta Air Lines



Elisabeth Johnson
Meritor



Colin Naimy
Yanfeng Automotive
Interiors

Emotional & Mental Wellness for Business Travel

Erin Ramos
Workforce Risk Expert
International SOS



How to Swing Your Next Business Trip: Mental Health Isn't Taboo, It's the New Normal

Erin Ramos

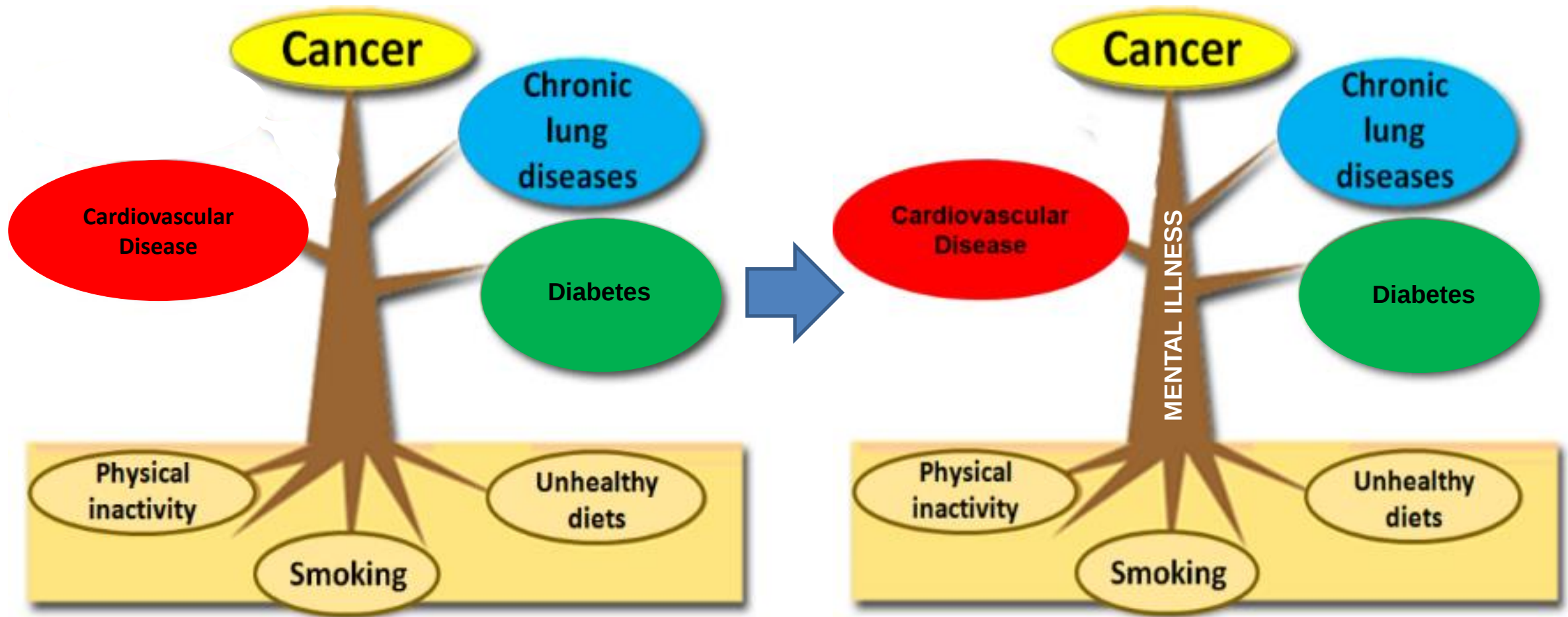
Workforce Risk Expert
International SOS



Today's Landscape: 16+ months into the Pandemic

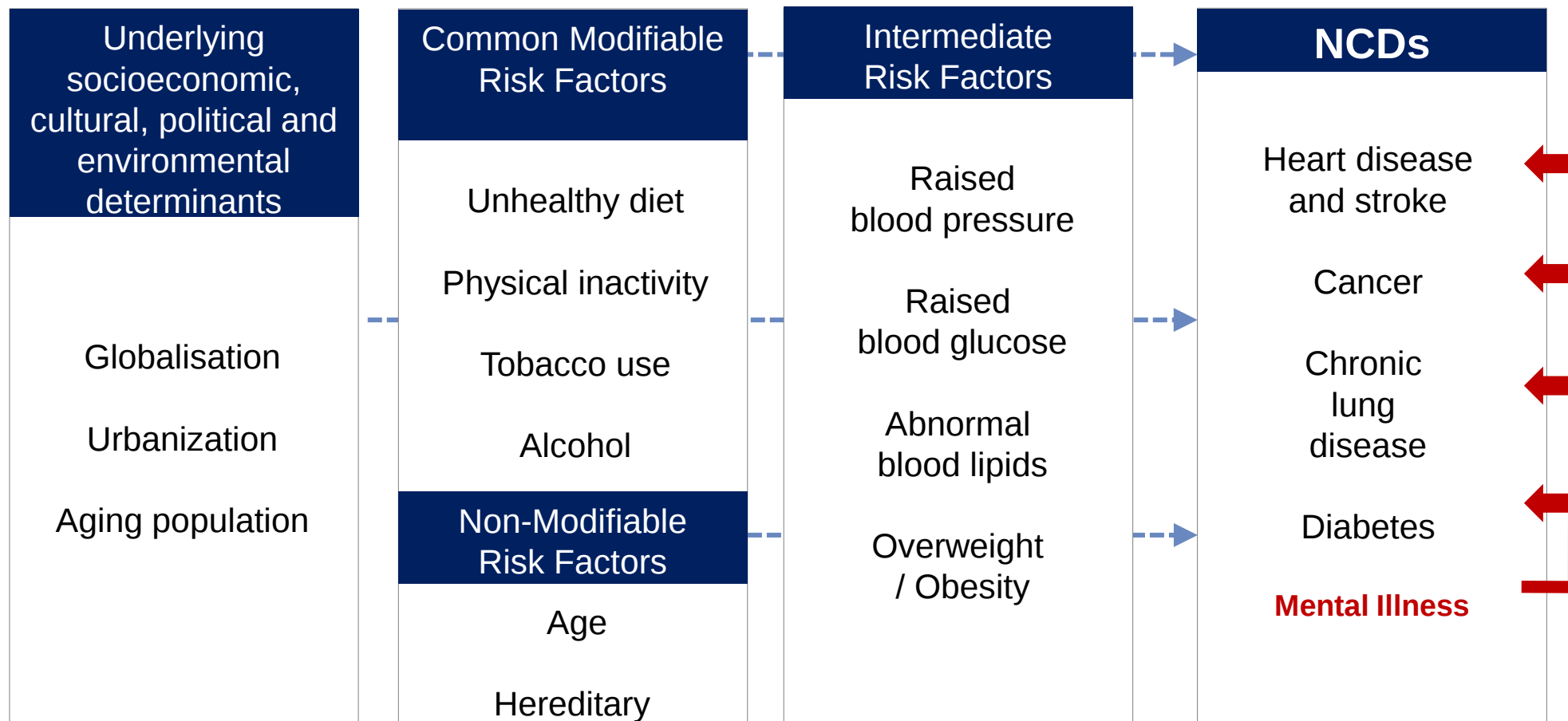


Non-communicable Diseases (NCD's)



Today's Landscape: 16+ months into the Pandemic

NCD's Are Taxing The Workplace Ecosystem



Today Mental Illness = Stress

Bipolar Disorder

OCD

Suicide

Psychosis

Stress

Anxiety



Depression

Eating Disorder

Self-Harm

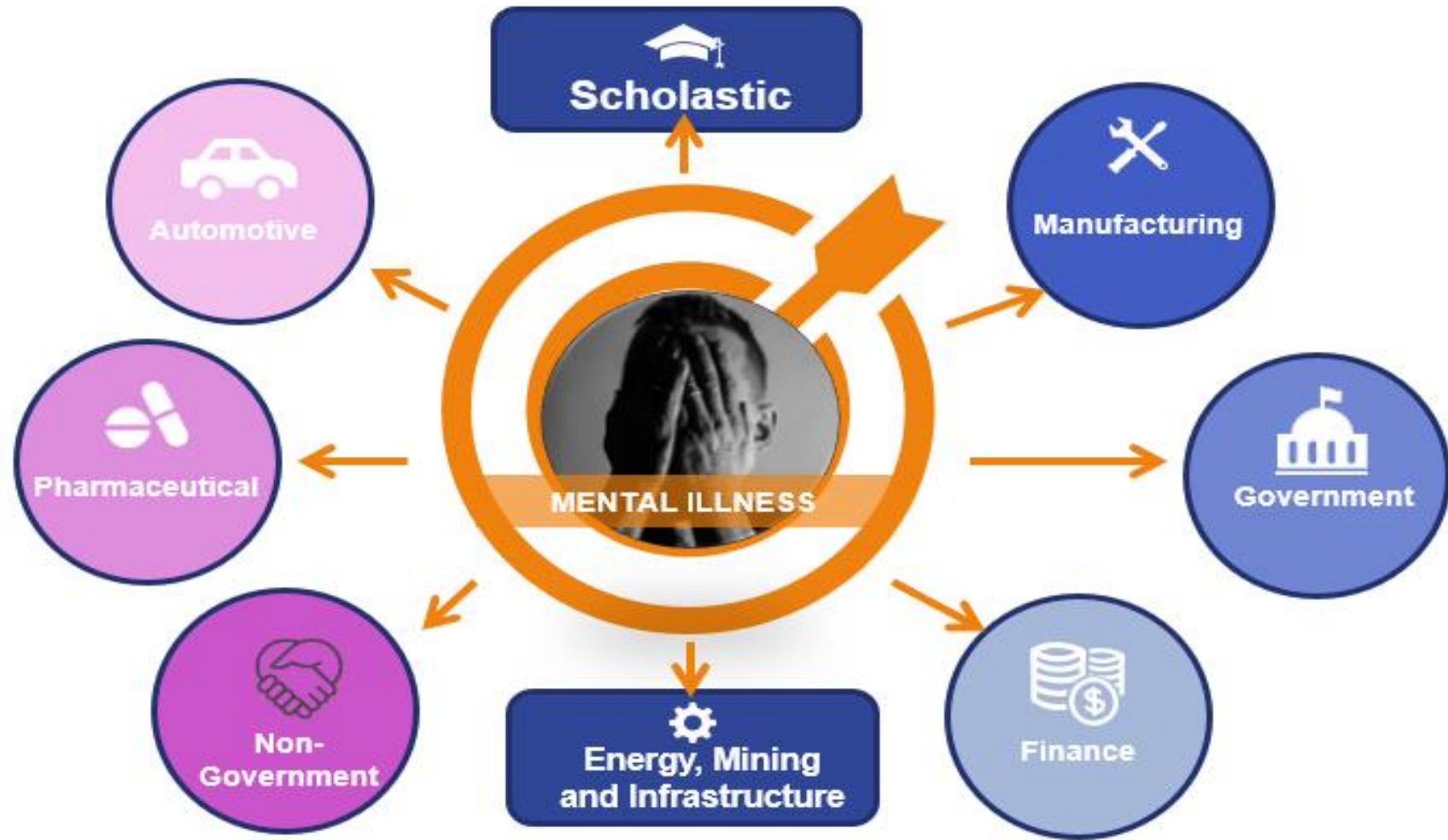
Substance Abuse

Schizophrenia

S.A.D.

No One Is Immune...

Mental Illness Transcends Demographics



(age,
culture,
ethnicity
and
education)

Let's Talk About it – Because it's the New Normal



Question #1:

If stress = mental illness today and tomorrow what are the factors that increase stress? Specifically, when thinking of business travel.

Individual:

- ↳ Having children
- ↳ Level of parental responsibility
- ↳ Childcare
- ↳ Risk taking behavior
- ↳ Existing psychological vulnerability
- ↳ **Fear of getting infected with COVID-19**

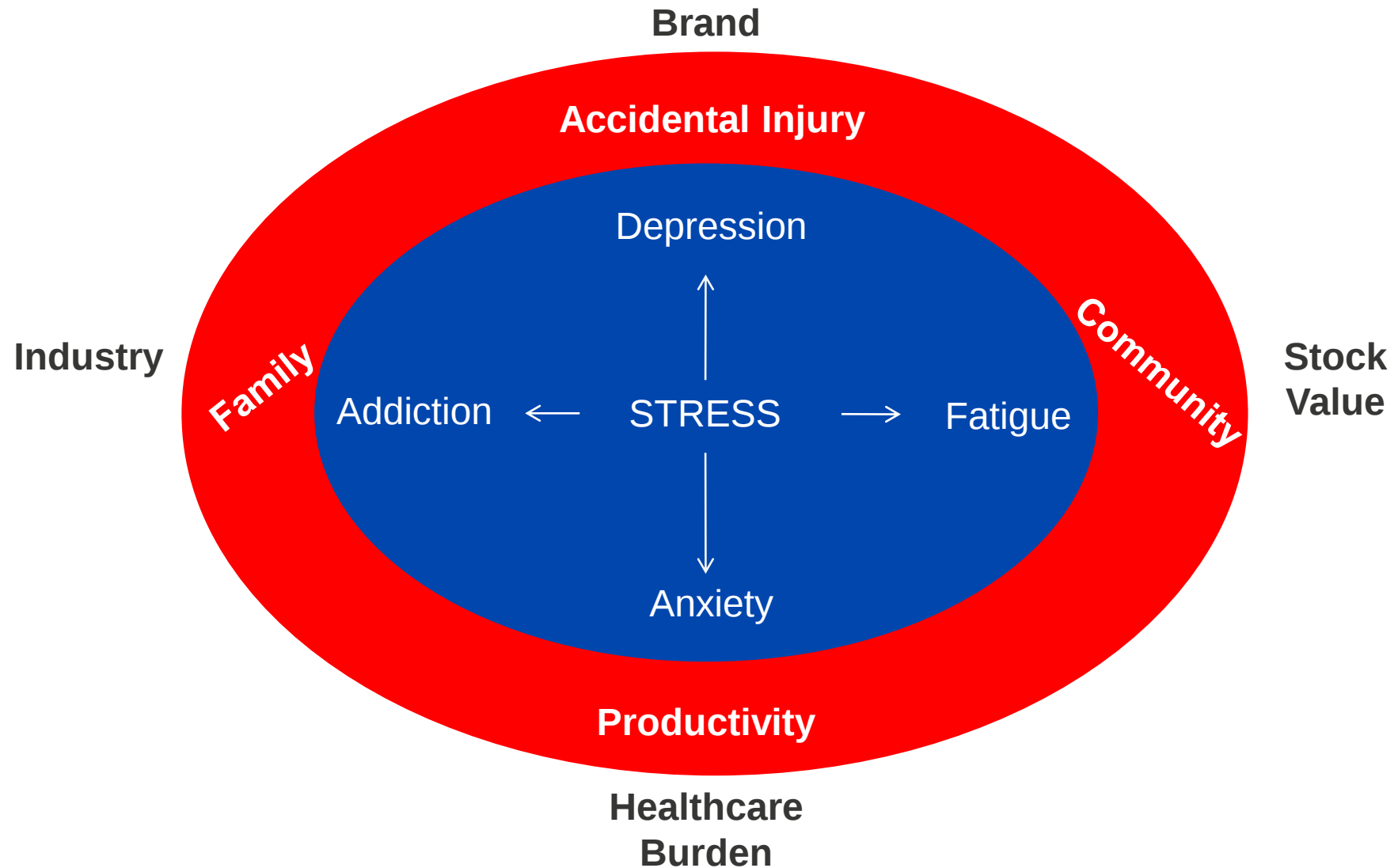
Social:

- ↳ Expectations of socializing
- ↳ Increased alcohol consumption
- ↳ Decreased exercise and access to healthy food
- ↳ **Fear of getting infected with COVID-19**

Organizational:

- ↳ Increased pressure and workload
- ↳ Lack of control over trip
- ↳ Hassles like security regulations and flight delays
- ↳ Technology enabling 24/7 working
- ↳ Risk & safety perceptions
- ↳ Lack of work/home boundary and routine

The Impact of Stress Within the Workforce is Far Reaching



Why Focus on Stress?

Individual Consequences



Question #2:

What are the factors that support and facilitate psychological health while traveling?

Individual:

- Time management & planning
- Preventative coping
- Use of travel time to rest
- Personality factors, including engagement with role, enjoyment of travel and adventure, seeing your work as congruent with your self image
- Experience of business travel
- Maintaining a 'home' routine

Social:

- Having formal and informal networks
- Having social interaction & support
- Having spousal support
- Having manager & colleague support
- Regular contact with manager

Organizational:

- Organization provision of support such as travel arrangements, 24-hour support, healthcare, access to business class flights and lounge
- Encouragement of bleisure or time off in lieu
- Support around mental health and wellbeing
- Organizational culture of openness and mental health

Why Focus on Stress?

Increased Shareholder Value

**Companies that build
a culture of health
yield greater value
for their investors**

**(inclusive of
mental health)**

Source: *The Link Between Workforce Health and Safety and the Health of the Bottom Line*, Fabius et al. *Journal of Occupational and Environmental Medicine*, Vol 55, No. 9, 2013

Duty of Care and Foreseeable Risk



Mental Illness (inclusive of stress) is a
“FORESEEABLE RISK”

DON'T ASK
DON'T TELL

Assume
everyone
is at risk.



Employers

How Managers can reduce stress at work (whether at home, in the office, or traveling)

- **Consult your employees**
- **Communicate with your employees one-on-one**
- **Deal with workplace conflicts in a positive way**
- **Give workers opportunities to participate in decisions that effect their jobs**
- **Avoid unrealistic deadlines**
- **Clarify your expectations**
- **Offer rewards and incentives**



Question #3:

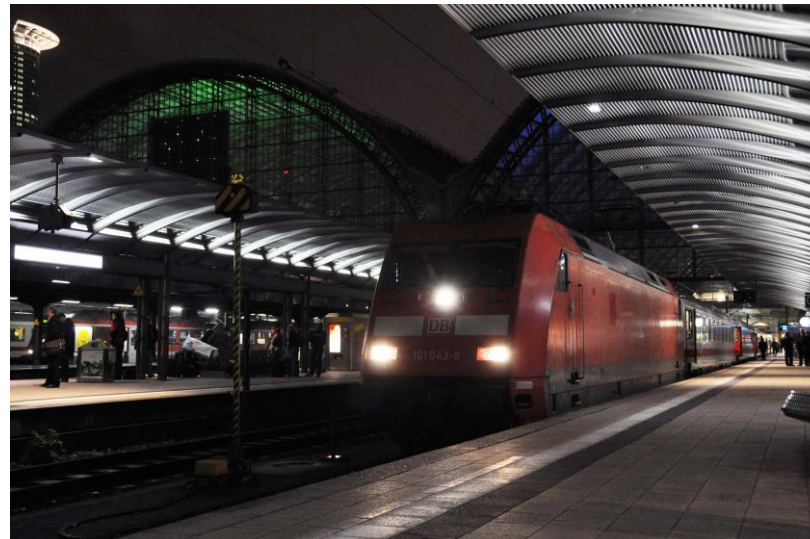
What are the positive outcomes of business travel?

Individual:

- Work satisfaction
- Work drive
- Empowerment
- Feeling free
- Self confidence

Social:

- Improvement of spousal relationship
- Enhanced parent-child relationship
- Spousal career advancement



Job and travel related outcomes:

- Career advancement
- Wealth/status
- Learning and development
- Connection with others
- Building international networks
- Travel itself
- Feeling productive
- Closing deals/bringing in new business

Does Your Organization Have an Incomplete Benefits Package? It's Your Duty Of Care...





Downriver For Veterans



Ann Rudisill
Founder

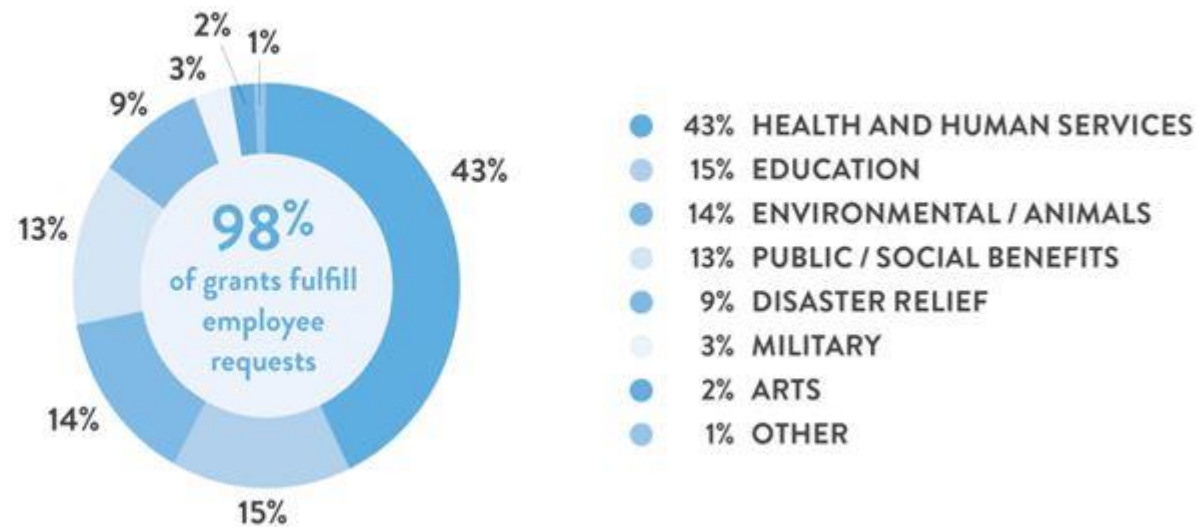
Enterprise Holdings Foundation Presentation



Enterprise Holdings Foundation Presentation

\$57.5 million
given worldwide in FY2020 by the
Enterprise Holdings Foundation*

**This total represents all countries'
currencies converted into USD*



Business Meeting

President's Remarks and Updates

Leslee Fritz, MBTA President 2020/21

- Call to order
- General Updates
- Committee Updates

Design Thinking Project

Jenny Baumann
Delta Air Lines
MBTA Vice President



Scholarship Committee



Jamie Cotter
Avis Budget Group
Committee Chair

ELECTION SEASON

This September, we will elect our next President and Secretary!

Deadline for nominations is August 17.

Please nominate! Self-nomination is encouraged!



Follow Us On Social Media



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Twitter: <https://twitter.com/MBTAMichigan>

LinkedIn: <https://www.linkedin.com/groups/3178147/>

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Please complete the survey!





Meeting Adjourned

Next Events:

August 17 – Virtual Meeting

September 16 – Annual Meeting & Tradeshow

November 17 – 19 – GBTA Convention, Orlando, FL

December 2 – Holiday Meeting & Charity Auction

Team 1:

Scott Bray

Megan Craig

Cheryl Francis

Sandy Chwierut

Nicole Poggione

Ross Clark

Team 2:

Jenny Baumann

Jodie Duncan

Leslee Fritz

Karen McDaniels

Erin Ramos

Team 3:

Sandra Black

LaParise Elerson

Amy Hunke

Jack Reynaert

Shirley Randall

Team 4:

Kim Burns

Hiba Fashho

Elisabeth Johnson

Kathy Myers

Yana Walker

Team 5:

Jamie Cotter

Paula Flowers

Gail Major

Jill Parkta

Ann Rudisill

Whit Wallace

Team 6:

Tricia Shangle

Jim Smith

Alicia Vargas

Colin Naimy

Laura Zolnowski