



Love Mondays

By James Raath

PRESS RELEASE

Learn how to love Monday mornings again and transform your value in the workplace -or the potency of the team you manage- with this insightful and uplifting guide to harnessing the power of the individual, by veteran entrepreneur and established business consultant.

**Being liberated at work means each person is able to say,
"There is something unique about me and my contribution".**

James Raath has experienced just the same frustrations shared by many of us. Working in a job he loathed, in an industry he didn't really believe in, he felt listless. After much soul searching, he summoned the courage to start his own business; having identified his strengths and talents he was able to finally play to them. His company went from strength to strength and he began developing training materials that would help other businesses to learn from the skills and philosophies he had acquired and fine-tuned. Raath's specialism is in identifying and celebrating the qualities which make each individual employee unique, and to encourage employers to learn how to empower them.

Few people know the extent of human potential better than James Raath, who had to battle back from adversity using those same techniques that have enabled him to succeed in business a second time. In 2004, Raath suddenly developed Meniere's disease at the age of fifty, resulting in profound deafness, tinnitus and vertigo. As a result of his disability, he suffered the almost immediate loss of the training consultancy he had built up over the previous decade. Unable to work, but desperate not to lose everything he'd worked so hard for, Raath turned to writing about his experiences.

Love Mondays is the encapsulation of Raath's years of experience in training individuals, teams and companies, promoting his belief that a business is only ever as successful as the individuals working within it. Raath focuses on the drastic impact that a single person can have on a company if properly supported and enhanced by a culture that values them. It is only within this environment that they can discover their own abilities and, with an entrepreneurial drive, become fully engaged in bringing their skill, passion and creativity to the business.

Using references and some fictional examples, he challenges the status quo on how most people view the workplace, and the expectations of employers and employees, and takes readers on a journey to find new purpose and fulfilment. The perfect motivational tool for executives and their teams, human resources managers and career advisors, Raath offers positive, innovative and enlightening tools for change, enabling leaders to uncover the invisible gold mine of untapped opportunity in every workforce. With his passion for helping others still burning bright, James Raath is one of the most inspiring voices in the personal and professional development arena. Let him transform you -or your business- and learn to **Love Mondays** once more.

About the author: James Raath was born in London and grew up in South Africa. With his health now improved, Raath delivers speaking and consultancy services to companies who want to maximise the commercial value of their employees. He lives with his wife near the town of Petersfield, Hampshire. This is his first book. **Love Mondays** by James Raath (published February 2nd by Clink Street Publishing RRP £8.99 paperback, RRP £3.99 ebook) is available online at retailers including amazon.co.uk and can be ordered from all good bookstores. For more information, go to www.lovemondays.global

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