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# TAKING CARE OF STAFF

Thrive@Hilton focuses on body, mind and soul

**By Krystal Penny Bowen**

ONE international hotel brand in Barbados is trying to create an awareness for team members, which will balance work and personal life in a holistic way.

According to General Manager of the Hilton Barbados Resort, George Stanfield, the initiative called "Thrive@Hilton" has been implemented over the last three months and focuses on "body, mind and soul".

"A lot of times, our work takes a hold of our lives, our personal lives. No time to do things well like (creating) good physical energy, eating well, (spending) time with the family. What the company has done, one, be aware of how the world is headed, keep that in mind and allow hotels now to engage more with the team members and being aware what is happening with them, with their families, their health, time off, overtime, everything that may



Senior and executive staff at the Hilton Barbados learn the importance of stretching their back muscles during a yoga class on Thursday. The exercise was part of the hotel's initiative to improve staff's overall well-being. INSET: General Manager of Hilton Barbados, George Stanfield, speaking to media about the worldwide health and wellness initiative, 'Thrive@Hilton', at the resort.

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