

BUSINESS GAZETTEER

FUN AND GAMES

Laugh? I nearly increased my productivity

IF YOU are one of those Scrooge-like office workers for whom the mere sound of a light-hearted giggle from across the room is enough to prompt a Victor Meldrew-style tirade, read on.

For new research has shown that having a laugh with your work colleagues is likely to make you more productive rather than distracting you from your toils.

Helensburgh-based business mentoring consultancy Aspire Management Services has claimed that laughter makes people more creative as well as boosting their physical immune system so they take

less days off sick and achieve more professionally.

Gordon Mowat, managing director of the company, says: "There are a lot of things that can be done to help alleviate stress in the workplace of which the appropriate use of humour to create an atmosphere of fun is only one. People experiencing positive emotion are more productive, creative and happier."

Gazetteer has at least one colleague who could benefit from this advice.



FACT OF THE DAY

421,000

THE number of cars sold last year by Seat, the Spanish arm of the Volkswagen motor group.

While the firm suffered from an industry-wide decline in Spain and Germany, it rode an expansion in emerging eastern European markets to post the 0.4 per cent rise in total sales. Seat said yesterday that it expected to increase its sales and profits by a faster rate this year as it improves production efficiency.

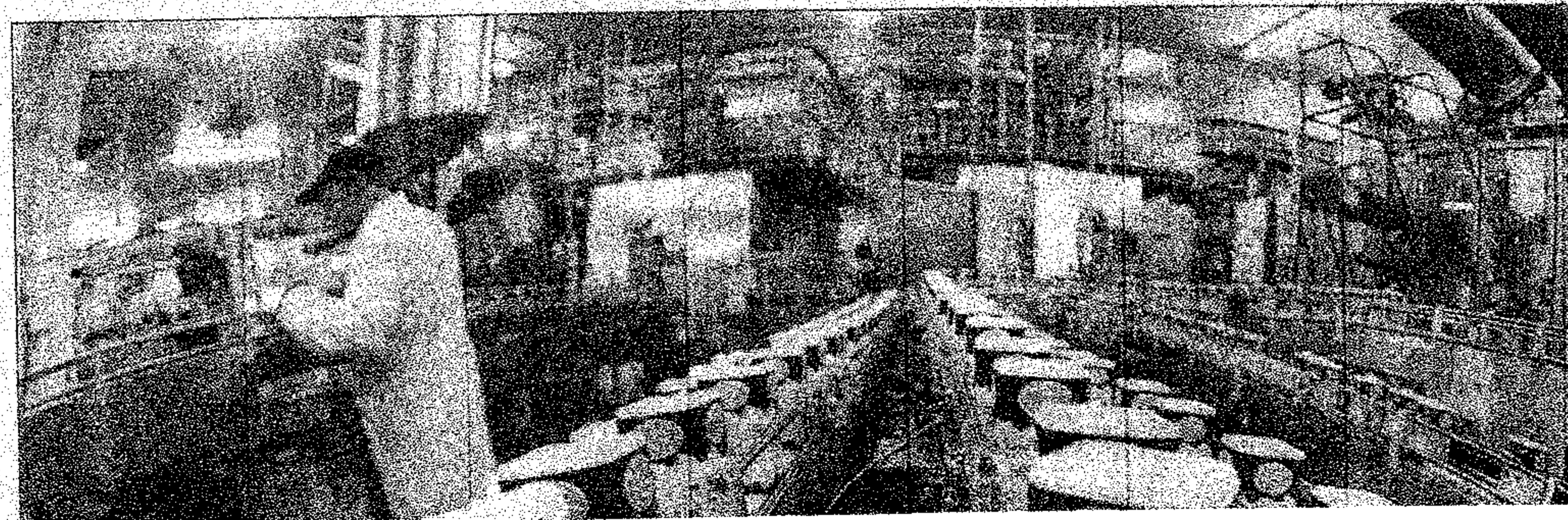
KILLER QUOTE

JEAN-CLAUDE Trichet's line not changing [would] also say to him its current level, the eu asphyxiating a good p European export mar that continues, ex industries will Europe."



Louis Gallois, parent EA inflation of the Cen

Wiseman prices rising - at sho



ROBERT Wiseman Dairies warned yesterday that renewed pressure on its cost base was likely to prompt further milk price rises.

The East Kilbride-based company said it was currently implementing a price increase with its customers after further hikes in input costs. Wiseman said diesel prices were about 20 per cent above the level of last summer, while the Platt's resin index - a

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