



WORKING IN A TOXIC ENVIRONMENT?



Mental Health Awareness Week 2023

Over 67% of our clients chose contracting to avoid the stressful world of office politics. Are you settling for a toxic work environment?
Read the signs and make a change.

Top 10 signs of a toxic workplace

- 1 Unrealistic workload objectives
- 2 Lack of communication
- 3 Micromanagement
- 4 Negative workforce
- 5 No work-life balance
- 6 Constant blame game
- 7 No respect from peers
- 8 Underpaid compared to colleagues
- 9 Lack of flexibility
- 10 No progression



Top 10 benefits to contracting

- 1 Clear assignment timelines
- 2 Clear goals and expectations
- 3 You are your own boss
- 4 Choose your own workspace
- 5 Choose when you work
- 6 No blame games
- 7 Treated as industry expert
- 8 Command your contract rate
- 9 Complete flexibility
- 10 Commit to one contract or multiple it is your choice



Ready for a change? We can help

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for an exclusive discount