

## NY1 Television Interviews Retensa on Work-Life Balance in Talent Focused Firms

**RETENSA**  
212.545.1280

### FOR IMMEDIATE RELEASE

*NY1 interviews Renee Rosenberg on the importance of Work-Life Balance.*

New York, NY, April, 2007 - NY1 Television will interview Renee Rosenberg, Senior Principal of Retensa on the importance of Work-Life Balance. The corporate world is continuing to recognize the impact of their employees' work-life needs on organizational performance. Renee Rosenberg will discuss important benefits when employers offer stress-reducing activities at the workplace.

*"By offering yoga & stress reducing deep breathing, employers are helping their employers to be more productive, focused and to feel better."*

*Renee Rosenberg,  
Senior Principal*

Employers need to take action when it comes to reducing their employees stress. NY1 asked Renee Rosenberg how to help employers understand the advantages of implementing stress-reducing activities while at work. Does creating an environment where employees feel they have work-life balance benefit both the employee and the company? Absolutely, says Renee. By offering activities like Pilates, meditation and yoga, employees will become more energized and productive. In addition to improved performance and retention, the company will save money in medical costs because their employees will have fewer stress related health problems. Take the necessary steps to insure your employees' health and to secure your companies future.

### [About NY1 News & NY1.com](#)

NY1 News is New York City's 24-hour newschannel. They deliver important and up-to-date broadcasts in all five boroughs with the help of news-delivery technologies and hard working reporters. NY1 relies on their dedicated reporters to inform the people of New York City on the latest news broadcasts. For more information on NY1, go to [www.ny1.com](http://www.ny1.com).

### [About Retensa](#)

Retensa is a leader and innovator of Employee Retention Strategies. They combine **experience** and web-based **technology** to develop, motivate, and retain a company's **best employees**. Retensa builds solutions and metrics to help firms **reduce turnover** and create a **high-performing workforce**.

To create the "*Retention Environment*," Retensa provides additional expertise in **Leadership Development**, **Human Capital ROI**, **Mentoring**, **Reward & Recognition Programs**, **On-line Exit Interviews**, **Executive Coaching**, **Retention Strategies**, and **Succession Planning**. For more information about the results you can achieve visit [www.retensa.com](http://www.retensa.com) or call 212.545.1280.

*To learn more about Retensa, please contact:*  
Audra Ballard  
212.545.1280  
[audra@retensa.com](mailto:audra@retensa.com)

