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## **Working Mothers Value “Alone Time and Personal Time” While on Business Trips**

**MINNEAPOLIS, Minn.** (Nov. 10, 2009) - A new survey commissioned by *Working Mother* magazine and [Country Inns & Suites By Carlson<sup>SM</sup>](#) with the magazine's Smart Moms Panel found that a majority of women traveling for business said available personal time is the best part of being on a business trip away from family. Nearly two-thirds of the panel respondents mentioned “relax, recharge and time alone” as benefits they experience during free time on business trips. Despite the cited benefits of business travel, 6 in 10 respondents candidly revealed that they also sometimes experience guilt, nervousness or loneliness while traveling on business.

“We teamed up with *Working Mother* magazine to survey members of their Smart Moms Panel that is comprised of more than 4,000 highly engaged working mothers to better understand the challenges of today's women business travelers and better serve their needs,” said Steve Mogck, executive vice president and chief operating officer for Country Inns & Suites By Carlson.

“The survey findings underscore how much working mothers benefit from some 'me time' when traveling on business,” says Suzanne Riss, Editor-in-Chief of *Working Mother* magazine. “Yes, they miss their kids, but for many, it's a rare and welcome chance to recharge, get a good night's sleep, even catch up on some reading.”

Despite some conflicting emotions of leaving their families at home to travel for business, 62% of respondents characterized their amount of business travel as “just right.” Only 21.5% of panel members said they would like less business travel. Other key findings in the survey are listed below.

- 57% of respondents said the best part of a business trip away from the family was “personal time.”
- Key personal time activities included: Relaxing/recharging/being alone (64%); visiting a local restaurant (58%); reading a book (57%); shopping (45%); exercise/recreation (41%); watching a movie (33.4%).
- 61% said they felt guilty when leaving children to go on a business trip; 38% said they were nervous and 22.9% said they were lonely.
- When selecting a hotel, 56% said they look for a welcoming, warm décor.

To help working mothers make the most of their personal time during business trips, Country Inns & Suites by Carlson has prepared a series of “Re-Treat” travel agendas. The company is also offering guests a Free Night Fall offer that enables them to earn a voucher for a free night on a future stay.

Country Inns & Suites By Carlson features a warm and welcoming residential interior design with a lobby fireplace, lending library, hot breakfast buffet, fitness room and pool that has attracted a strong and loyal following of women and family travelers.

For the seventh time in recent history, *Working Mother* magazine has recognized Carlson, the parent company of Country Inns & Suites By Carlson, as one of the Working Mother 100 Best Companies. Carlson was cited for its family-friendly benefits and strong values-based culture. The company received the honor for continuing its commitment to flexible work schedules, parental leave, adoption assistance, on-campus child care and its focus on the advancement of women.

For detailed information on research findings, the Re-Treat agendas or the fall promotion, visit: [www.countryinns.com/fall2009](http://www.countryinns.com/fall2009).

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#### **About Country Inns & Suites By Carlson**

With friendly service that treats guests like family and properties that feel more like home than a standard hotel, Country Inns & Suites By Carlson is a leading brand in the mid-scale hotel segment. Country Inns & Suites offers a variety of amenities that add comfort and value to each guest’s stay, giving travelers more reasons to say “I love this Country<sup>SM</sup>”. The brand includes more than 490 locations in the Americas, Europe and India. It is part of Carlson Hotels Worldwide, a leading global hotel company with more than 1,056 locations in 77 countries under the brands of Regent<sup>®</sup> Hotels & Resorts; Radisson<sup>®</sup> Hotels & Resorts; Park Plaza<sup>®</sup> Hotels & Resorts; Country Inns & Suites By Carlson<sup>SM</sup> and Park Inn<sup>®</sup>.

#### **About Working Mother Media**

Celebrating 30 years, Working Mother magazine reaches 2 million readers and is the only national magazine for career-committed mothers while workingmother.com brings to the Web a broad range of insight and solutions served to working mothers every day. Working Mother’s 24-year signature research initiative, Working Mother 100 Best Companies, is the most important benchmark for work-life practices in corporate America. With offices in New York and Washington, D.C., Working Mother Media, a division of Bonnier Corp., includes the National Association for Female Executives, Diversity Best Practices, the WorkLife Congress and the Multicultural Women’s Conference and Town Halls. Working Mother Media’s mission is to champion cultural change.