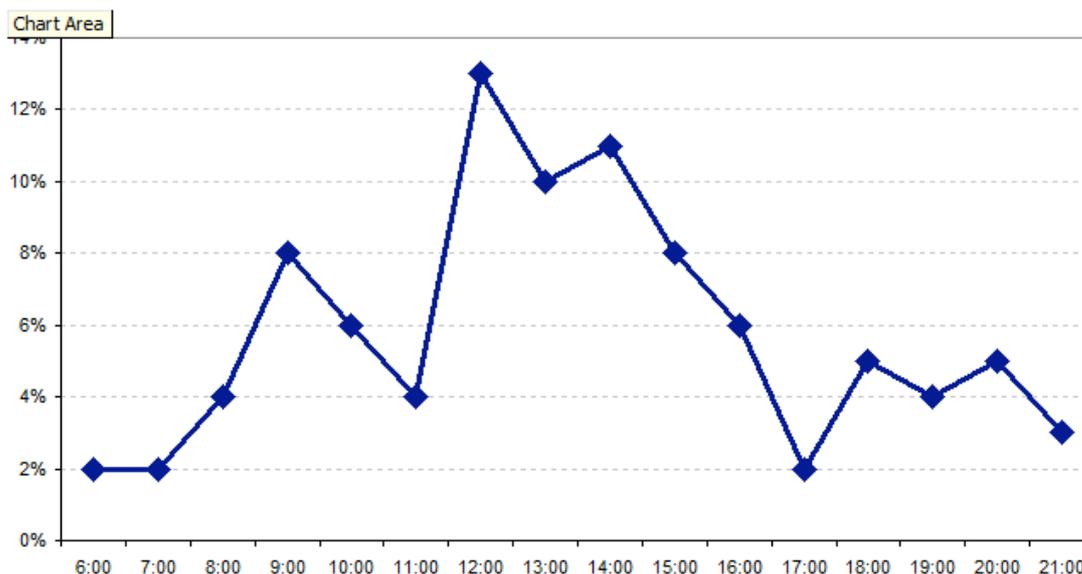


## Mondayitis sets off a flurry of job applications

Mondayitis is taking its toll on Australian workplaces with research revealing a dramatic spike in the number of employees looking to change jobs when they return to work on Monday mornings.

Director, Dr Glyn Brokensha of Australia's leading online recruitment management service, Expr3ss!, said of the thousands of applications their client's websites collect and sift through each week, more than 20 per cent come through on Monday morning.

**Mondayitis... Hourly % of Applications Received on Mondays**



"This can be attributed to the reality of the working week hitting following the weekend and the realisation that they're not happy in their workplace," Dr Glyn Brokensha said.

"Most activity on Monday is just after 11am, which would suggest that employees are feeling even more glum after a morning meeting and looking for a change in their working environment," he said. "Often we see a peak just before Monday morning meeting time and then a bigger one just after," he said (refer to chart).

Dr Glyn Brokensha, who has more than 12 years psychotherapy practice experience and was a Senior Lecturer in Medical Communication at the University of Adelaide and Newcastle University for five years, said that it was important that managers were aware of the increased application activity due to Mondayitis.

"This highlights the need for employers to be more in tune with their staff and their needs, not just on Mondays, but every day of the year to ensure they're keeping them engaged, motivated and most importantly, productive," Dr Glyn Brokensha said.

"Likewise, it's imperative that recruitment processes allow for all job applicants to go through screening questions to ensure they can identify not necessarily the most skilled person for the job, but the one who is the best fit for the organisation's culture.

"The screening questions are not only of benefit to the employer, but also the applicants as that work environment may not suit them and therefore rule out the likely impact Mondayitis can have on them looking for another job," he said.

## Media Release

FOR IMMEDIATE RELEASE  
25 June 2009



Software that Solves  
Staff Selection

Contrary to most workers' behaviour, Glyn said higher-level executives were applying for new positions on Sunday nights.

"Approximately 24 per cent of upper level management applicants are applying on Sunday evenings, which is probably because they have more time on the weekends to invest in preparing their applications as opposed to during the working week," Dr Glyn Brokensha said.

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*Dr Glyn Brokensha BSc (Hons) MB ChB, is a doctor with over 20 years people experience. He spent more than 12 years in a private psychotherapy practice, and was a Senior Lecturer of Medical Communication at Adelaide University and Newcastle University, prior to making the change into organisational development. He is joint Founder and Director of Expr3ss!, Australia's leading web-based applicant management service.*