

A Look at Four-Day Workweek

Benefits



Four-day workweeks are becoming all the rage. But how does it benefit the workplace? Here's a look at the perks of a shortened workweek.

Why a Four-Day Workweek?

The idea of a four-day workweek isn't new. In fact, some countries have employees who have enjoyed it for some time now, like Iceland. And the pandemic further proved that companies can be willing to be flexible and adapt when necessary to keep workers happy.

Questions to Consider Before Implementing a Four-Day Workweek

- ✓ Why are you looking at switching to a four-day work schedule?
- ✓ How will you determine the success of the change?
- ✓ Will clients be happy with the decision?
- ✓ What hours will your employees work?
- ✓ Will this apply to your entire work staff?
- ✓ Is it feasible for your industry?

Get Final Feedback Before Making a Solid Decision

Like with any major policy changes, consider consulting your employees and asking for their feedback on the matter before, during, and after the trial run. It will impact their lives the most, so knowing where the kinks need to be worked out will help in a final decision.

Benefits of a Four-Day Workweek

Higher Productivity

Perhaps the best benefit of a four-day workweek? Increased productivity. One UK study of 1,989 full-time UK office workers found the average time an employee spends working during a traditional eight-hour workday is lower than one might think: two hours and 23 minutes!



Recruiting Perk

Research indicates that 63% of businesses found it much easier to attract and keep quality workers when a four-day working week was offered.



Improved Employee Health

Employees who work too many hours run the risk of increased cortisol levels (the stress hormone), which is known to contribute to issues like high blood pressure and brain fog. Less work means less stress.



Happier Employees

A better life-work balance is a lot easier to find when you gain more time for relaxation. When quitting time is Thursday and you have a whole three days to look forward to, it makes the weekends that much sweeter. A majority of individuals surveyed agreed more time with family would improve with fewer work days.

