

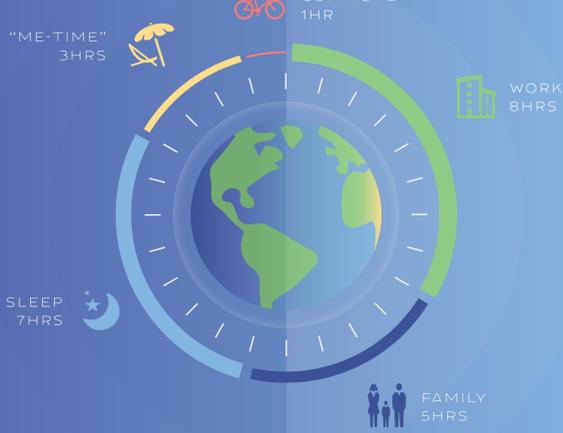
WHY YOU SHOULD CARE ABOUT

WORK LIFE

BALANCE

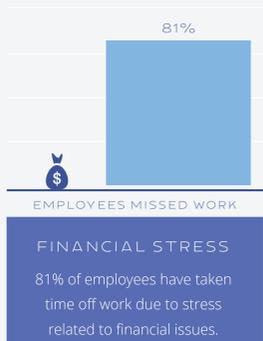
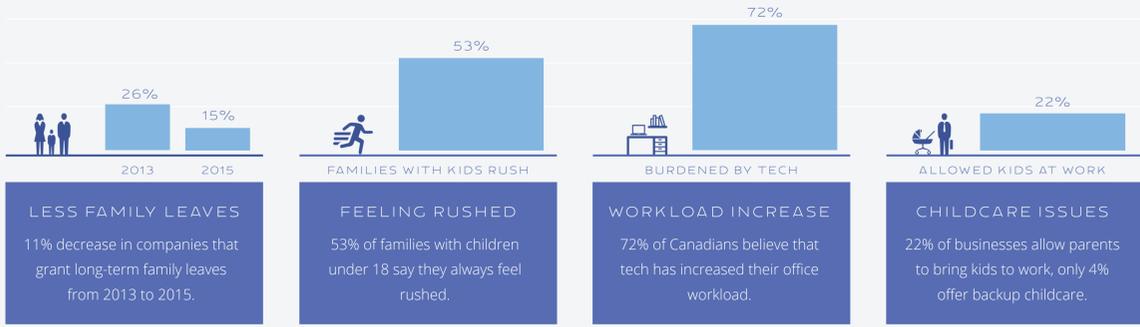
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EMPLOYEE'S IDEAL DAY



EMPLOYEE WORK-LIFE BALANCE IS IN ANY BUSINESS' INTEREST. TENDING TO THIS COMMON ISSUE HELPS DEVELOP A PRODUCTIVE WORK FORCE AND A HEALTHY SOCIETY.

EMPLOYEE'S REALITY

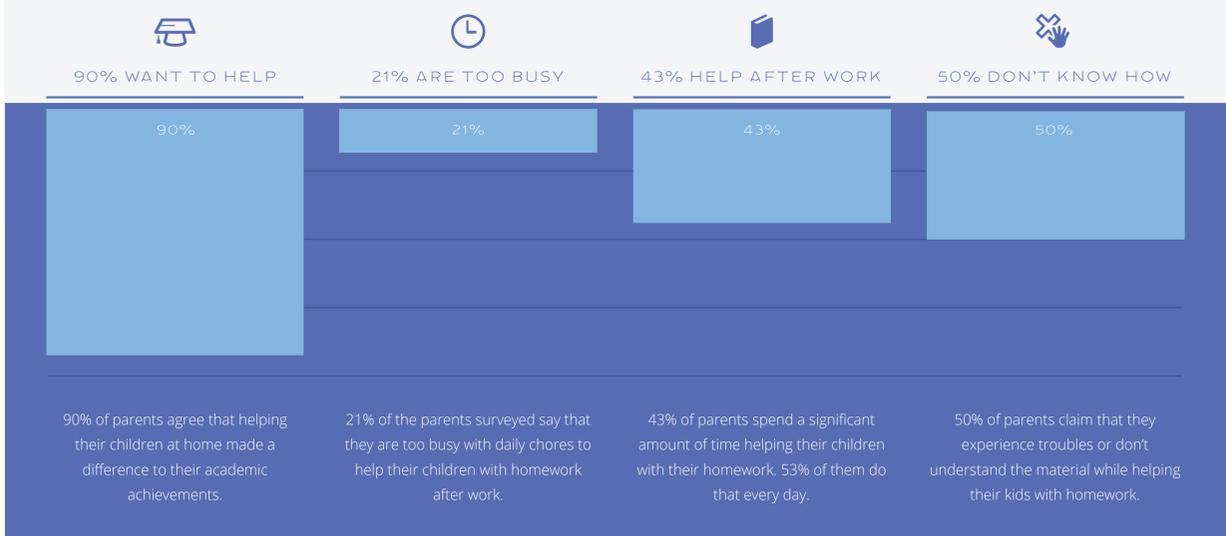


DID YOU KNOW?

CHILD CARE BENEFITS ARE IMPORTANT FACTORS FOR RECRUITING AND RETAINING TALENTED PARENTS.



PARENTING & HOMEWORK HELP



CONSEQUENCES OF A POOR WORK-LIFE BALANCE

- INCREASED HEALTH RISKS**
87% of men and women's health (stress, headaches, tension, weight gain, depression) is negatively affected by work-life imbalance.
- POOR MENTAL HEALTH**
World Health Organization estimates 35% of work-related stress cases lead to mental health problems.
- MONEY LOSS**
American businesses lose \$3 billion annually due to absenteeism related to family caregiving issues.
- RECIPE FOR DISASTER**
A stressful job coupled with little time off and long hours of work increases the risk of depression and overall morbidity.
- BAD FOR BUSINESS**
A poor work-life balance decreases employee performance, productivity and loyalty. All of which are costly business issues.

BENEFITS OF A GOOD WORK-LIFE BALANCE

- BETTER HEALTH**
67% of employees with work benefits report excellent/very good health and reduced stress.
- BETTER PERFORMANCE**
Employees with a good work-life balance are reported to work 21% harder.
- INCREASED PRODUCTIVITY**
76% of employers that offer wellness programs say that they are effective at improving productivity vs. 58% for other employers.
- BUSINESS SAVINGS**
51% of employers offer paid time off, 2% offer unlimited paid time off. Paid time off converts to up to 52 hours of work saved per year.
- INCREASED LOYALTY**
Employees that are satisfied with their work benefits are nearly 3 times as likely to display a strong sense of loyalty to their employer.

HOW TO ACHIEVE A GOOD WORK-LIFE BALANCE

- TAKE BREAKS DURING THE WORK DAY
- ASK TO WORK FROM HOME INSTEAD OF TAKING A DAY OFF
- TAKE VACATIONS, GO HOME AT REASONABLE HOURS
- REGISTER KIDS FOR ONLINE TUTORING TO SAVE MONEY AND STRESS
- PRIORITIZE A FLEXIBLE WORK ENVIRONMENT

PRESENTED BY GradeSlam

DID YOU KNOW?

GradeSlam offers unbeatable work perks in the form of unlimited tutoring for your employees and their families. At just \$150 per employee, students will gain unlimited access to certified, world-class tutors, meaning your employees don't have to come home after a long day to more work. Everybody wins.

Learn more at: gradeslam.org/perks

- ✓ Increase employee satisfaction
- ✓ Boost morale and create goodwill
- ✓ Help attract and retain employees
- ✓ Improve productivity
- ✓ Enhance company culture
- ✓ Hassle-free implementation
- ✓ Private and customized

SOURCES

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