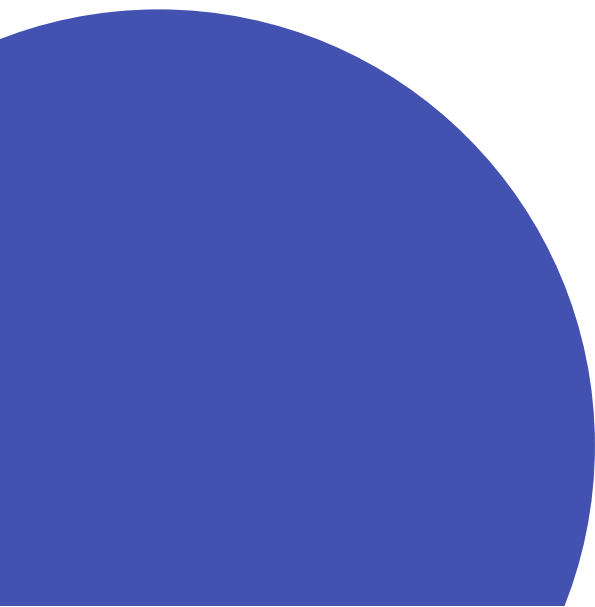


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WHY A FOUR DAY WEEK IS

GREAT FOR BUSINESS





Business Enthusiasm for the 4 Day Week

The four-day week with no loss of pay is a tried and tested success. The world's biggest ever four-day week trial took place in the UK in 2022 involving 61 companies and 2900 employees, and it was an astounding success.

At least 92% of companies who took part in the pilot scheme decided to continue with a four-day week at the end of the trial.

Read the full report: [The UK's Four-Day Week Pilot](#)

The next pages go over the following key benefits:

INNOVATION

FINANCE & TALENT

ESG

A 4 DAY WEEK

STIMULATES INNOVATION

Rested minds are more creative and more likely to imagine and discover new and better ways to run your business.

- One in four sick days are a direct result of overwork; whereas a four-day week reduces sickness-related absences.
- The UK four-day week trial saw a significant decline in stress and burnout for employees, with 71% of employees reporting lower levels of burnout.
- The trial also saw an overall 65% reduction in absenteeism.
- Positive mental health increased by 43% and positive emotion at work increased by 64%.

INCREASES PRODUCTIVITY

A four-day week is proven to increase productivity or at least maintain it

- Trials by big companies such as Microsoft in Japan saw productivity increase by 40%.
- The UK trial showed productivity and business performance either increased or at least remained consistent, with 55% of employees reporting an increase in their ability at work.

**"DURING THE UK TRIAL,
RESIGNATIONS DROPPED BY 57%"**

BOOSTS PROFIT

Trials show the four-day week can often increase profits.

- Participants in the UK trial saw revenues rise by 1.4% during the trial and 35% compared to the same period in 2021

SAVES MONEY

- Shifting to a four-day week can save companies money on utilities like rent, electricity and energy consumption
- In November 2021, a study by the U.K.'s Henley Business School, found that businesses saved around 2.2% of their total turnover, by offering a four-day work week.

ATTRACTS TALENT

- A four-day week makes your organisation stand out from others in the field and more attractive to talent.
- 4 day week firms have seen a surge in applications: Atom Bank's four-day working week led to a 500 per cent surge in job applications.
- 63% of businesses found it easier to attract and retain talent with a four-day week

ENSURES STAFF RETENTION

- A four-day week is a tangible incentive to improve job retention; reducing costs and disruption.
- One of the main motivators for employers who participated in the UK trial was to gain a competitive advantage in the labour market
- Several managers had reported difficulties retaining staff since Covid which had become even more pronounced with things like quiet quitting, the great resignation and above-inflation salary increases.
- During the UK trial, resignations dropped by 57%

HOW A 4 DAY WEEK CAN MEET YOUR ESG GOALS

- Sustainability - reduce the ecological footprint of your organisation by reducing commuting and carbon-intensive consumption patterns (like buying packaged sandwiches and take away coffees) on your fifth, non-working day of the week.
- Care Friendly - whether for a young child, an elderly parent, or someone else with caring needs, having time away from work to care for those closest to you is of growing importance in our society.
- Gender Equality - a more equal share of paid and unpaid work, including of caring roles traditionally ascribed to women.
- Community Engagement - how an employee uses their fifth day each week should be up to them, but the potential to see employees contribute in a more meaningful way to their local communities can lead to broader benefits for individuals and local areas.

**"LOWER CARBON, LOWER BURNOUT,
GREATER EQUALITY"**

CONTACT US

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