

Benefits of a 4-day workweek

Recent studies by 4 Day Week Global and Qualtrics pulled back the curtain on the benefits of a shortened workweek and who stands to benefit. (Spoiler alert: Everyone stands to benefit!) Here are the results:



of employers say the 4-day workweek helps them attract and retain talent.



92% of employees report wanting a shorter workweek.



of employees would be willing to take at least a 5% pay cut for a 4-day workweek.



82% of employees say a 4-day workweek would make them more productive.

81% of
employees say a
4-day workweek
would make them
more loyal to their
company.

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78% of employees with 4-day workweeks are happier and less stressed.





well-being

<u>Engagement</u>

Recruitment

<u>Sustainability</u>

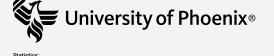
<u>Gender</u> <u>Equality</u>

<u>Innovation</u>

<u>Productivity</u>



Want more career insights? Check out University of Phoenix's blog at phoenix.edu/blog/career-support

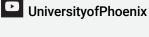




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