

Title:

Work/Life Balance Is Just Good Business!

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Summary:

It would be nice to think that the companies on the leading edge of work/life balance programs

In addition to increased productivity and employee satisfaction, companies can retain valuable

Every generation in the workforce today reports that work and life balance ...

Keywords:

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Article Body:

It would be nice to think that the companies on the leading edge of work/life balance programs

In addition to increased productivity and employee satisfaction, companies can retain valuable

Every generation in the workforce today reports that work and life balance is one of the top i

Whatever the reason for the movement, we should be glad it is upon us.

Who are the companies with programs, what do the programs look like and what results have they

You might be surprised to know that these companies cut across all industries in the private a

Elder care programs consisting of resources directories, counseling, elder care services and e

Expanded telecommuting and 'telework' programs that allow employees to work from home or other

Part-time and job sharing positions for employees come off disability or recovering from health

Fully accredited child care centers in or near the workplace

Babies in the Workplace programs that allow a child to remain with a parent in the workplace u

Alternative work schedules and FlexTime work schedules that allow employees to work hours othe

Family Advocacy Programs held at lunch-time on managing personal finances, parenting, stress m

Outdoor recreation, walking paths and fitness equipment for employee use during and after work

Support groups for elder care, new fathers, holistic health, spousal abuse, single parents, ad

Nursing Mother Rooms for breastfeeding moms

Enforced scheduling and use of vacation and personal days to ensure that the employees takes t

Cross-training in positions to ensure coverage so that employees can take time off without the

These are just some of the examples of programs in government agencies, hotels, banks, corpora

Human Resource Management companies and universities study the effects of these programs and p

In many cases, this effort still has to trickle down into the company. Older managers or those

If your company wants to start a work/life balance program, you can contact a consulting compa

Here are some links to get you started:

<http://www.simpleliving.net/timeday/links.asp>

<http://wfnetwork.bc.edu/business.php>

<http://www.workfamily.com/Open/ElevenStepsPage.asp>

<http://www.workfamily.com/Vendors/WorkLifeVendors.asp>

A simple internet search will give you more options. Whether you are an employee, frustrated w

Work/Life Programs benefit the company by increasing productivity and focus on the job, reduci  
Families will be more supportive of the employee's job and company choice because they know th

If your company does not have a Work/Life Program in place, ask your manager about starting on

If you are in a position to influence the company's decision or you have the power to decide o

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