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:

- **63%** of employers say the 4-day workweek helps them attract and retain talent.
- **92%** of employees report wanting a shorter workweek.
- **37%** 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.
- **78%** of employees with 4-day workweeks are happier and less stressed.

A 4-day workweek can improve:
- Well-being
- Engagement
- Recruitment
- Sustainability
- Gender Equality
- Innovation
- Productivity

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

Statistics:
- 4 Day Week Global, www.4dayweek.com/access-white-paper