Shedding Gender Stigmas: Work-Life Balance Equity in the 21st Century

Caseism.com
Shedding Gender Stigmas: Work-Life Balance Equity in the 21st Century

Caseism.com
What is work-life balance?
Balance

- health and well-being
- happy
- productivity

positive for employer
- reduce turnover
- improve recruitment

Imbalance

Caseism.com

- stress
- unhappy
- burnout
- negative impact on work performance
Caseism.com
What can a company do to improve the work-life balance of their employees?
Caseism.com

- Flextime
- Productivity
- Part time
- Job-sharing
- Breaks
Caseism.com

- Health care support
- Additional services
- Work from home
- Perks

+ Apple + Water + Run + Sleep = Happy
Baby boomer → hard working; flexibility
Generation X → job hopping; flexibility
Generation Y → telecommute, time off, latest technology, team, decision making

Caseism.com