

Will the UK introduce a four-day work week?

A recent survey found that 83% are in favour of this change. Here's everything you need to know.

It's undeniable that our relationship to work has changed massively over the last few years. With the pandemic forcing the UK to embrace flexible work — 46.6% of employed people did at least some of their work from home in April 2020 — many of us have turned our backs on 9-5 office working for good.

- 5 This year's CIPD Good Work Index found that one in five workers were strongly considering quitting their jobs in the next year, with nearly a quarter (24%) searching for better work-life balance. Burnout is a significant issue among women, with one in four struggling to manage the level of stress and pressure they are experiencing.

- 10 It's no surprise, then, that we are looking at ways that we can make our work lives work better for us. Maybe you've dreamt about having an extra day in the week to spend more time with family or focus on caring for yourself. While an additional Sunday is, of course, impossible, campaigners are working towards the next best thing: a four-day work week.

What is a four-day work week?

- 15 A four-day work week is essentially what it sounds like. You may have heard of compressed hours, a form of flexible work where employees work the usual hours over fewer days, but this isn't the same as a four-day work week which is a reduction of hours. For example, if you work 9-5 now, you would work the same hours but for one less day a week.

- 20 The important thing to note when we talk about a four-day work week is that there is no reduction in pay for workers. You may be asking why a business would want to do this, but the idea is that an extra day off of work will stimulate more productivity during working hours.

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