

# 1. MAKING THE CASE

It's a win-win for workers and employers:

- Workers: A better work-life balance allows us to live happier and more fulfilled lives, by providing more time for rest, leisure and 'life admin'.
- Employers: Many workers are overworked, stressed and burnt out; whereas rested workers are better workers. A four-day week increases productivity, creativity and helps employers recruit and retain high-quality staff.

The 9 to 5, five-day working week is outdated and no longer fit for purpose.

- Covid has given us a one-off opportunity for a total rethink of the world of work.

See more benefits for workers, employers, the economy, society and environment: [4dayweek.co.uk/why](https://4dayweek.co.uk/why).



## DEMAND A 4 DAY WEEK IN YOUR WORKPLACE -TOOLKIT

# 2. IDENTIFY SUCCESSFUL EXAMPLES

Many businesses and organisations around the world have successfully reduced their working hours to a four-day week, of around 32 hours, with no loss of pay for workers.

See the list of UK 4 Day Week Employers and identify a workplace similar to yours: [4dayweek.co.uk/employers](https://4dayweek.co.uk/employers)

There is no one-size-fits-all approach to a four-day week. Recognise that how your workplace implements a four-day week needs to suit your specific situation.

# 3. PERSUADE YOUR COLLEAGUES

Speak with your colleagues about it - get an idea of their thoughts and feelings and see if you can persuade them. This could be done via a work WhatsApp group.

Start a petition for your colleagues to sign, to later present to your bosses.

Engage your union representatives (if you have them) to help fight for reduced time.



# 4. PERSUADE YOUR BOSSES TO LAUNCH A TRIAL

Speak with your bosses (start with line managers) about the reasons and the successful examples, and present the petition from your colleagues.

Start by seeking a conversation about the issue, rather than demanding it directly. Many bosses want to think it over and examine the issue before committing.

- Feed your bosses the latest research on a four-day week at [4dayweek.co.uk/research](https://4dayweek.co.uk/research)

Suggest launching a trial first. Or consider rolling it out department-by-department.

- An incremental approach helps to iron out any operational obstacles and determine the best way for your organisation to reduce hours.

See our separate guide for employers: [4dayweek.co.uk/advice-for-employers](https://4dayweek.co.uk/advice-for-employers)