

WHY IS IT NECESSARY TO ACHIEVE THE CORRECT WORK-LIFE BALANCE?

We list eight compelling reasons to promote work-life balance:

Benefits for the employees

1



KG

Improves family life

2



KG

Reduces stress

4



KG

Increases the employee's commitment to the Company

3

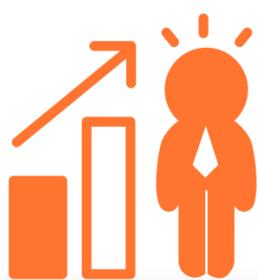


KG

Helps create a positive work environment

Benefits for the Company

1



KG

Increases performance

2



KG

Reduces absenteeism and employees coming in late to work

4



KG

Retains talent

3



KG

Improves the institutional image of the Company

Flexibility at work

▲ 6%

productivity

Data of the 'Productivity and employment' study of the University of Zaragoza,