



Why work-life balance matters

Infographic: How promoting work-life balance can help your organization



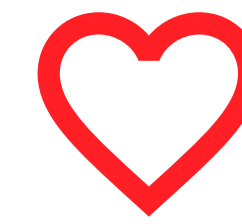
Why work-life balance matters

A healthy balance between work and life is crucial, not just for your employees but for your organization as well. Unfortunately, that is often not the case for many organizations in the world. However, by taking the right steps to promote a good work-life balance you can set your employees and new hires up to succeed at your organization!



68%

of employees say poor work-life balance negatively impacts their morale and motivation at work.¹



33%

of workers say work-life balance is the most important of all benefits.¹



38%

of companies say their organization never or rarely makes it possible for employees to have a healthy balance between work and life.¹



53%

of employees say a role that allows them to have a greater work-life balance and better personal well-being is “very important” to them.¹

Flexible working for a better work-life balance

Now then, how can your organization promote a healthy work-life balance for your employees?

One of the ways is through promoting flexible working schedules for your employees!



91% of surveyed employees decided to work remotely because they wanted a better work-life balance.²



90% of employees say that a flexible work schedule would increase morale.²





Flexible working for a better work-life balance



76% of respondents cited work-life balance as the top reported reason that people seek flexible work.¹

The business world has changed over the past few years, which led to remote working becoming popular for employees as they can work in the comfort of their own homes.

As the world begins to shift towards the new normal,



73% of employees wants flexible remote work options to stay.³



Advantages of **flexible working** for work-life balance



89% of surveyed HR professionals saw an increase in employee retention after implementing flexible work policies.²



97% of people say a job with flexibility has a huge improvement or positive impact on their overall quality of life.¹



24% of people who work from home at least one day a month report they are happier and more productive.⁴



85% of businesses that provide work life balance opportunities report that they are more productive.⁴

The importance of a **flexible** working environment

Though the advantages have been laid out, it's still crucial to underline the importance of flexibility. The freedom of choice for your employees on whether they work from home or in the office at any given day is important for them and your organization.



90% of employees said they have the same productivity level working from home and in the office.⁵



67% of people said their work-life balance improved when they started working remotely.¹



The importance of a **flexible** working environment

At the same time,



56% of people say they're more stressed about work than ever before when working from home during COVID-19.¹

So flexibility **matters** 💪 !



The impact of **onboarding** on new hires' work-life balance

You've ensured a culture that promotes a healthy work-life balance for your current employees through flexible hybrid working. Now, it's time to onboard new hires into your work-life balance focused culture!

When a new hire starts at an organization, they are often faced with a large amount of paperwork, preventing them from really getting to grips in the early stages of their new role.

New hires could feel a lack of boundaries between work and home, as well as pressure to be constantly connected with work if not made clear through an onboarding program. This all could lead to **work-related matters affecting their personal lives at home.**

This is why it's important to onboard new hires into your organization's culture to ensure they can separate work from life and vice versa.



40%

of new hires say getting a response from HR about their question takes too long.⁶



The average new hire onboarding experience consists of

54

 activities.⁷

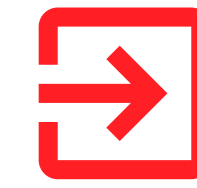
58%

of organizations say their onboarding program is focused on processes and paperwork.⁷

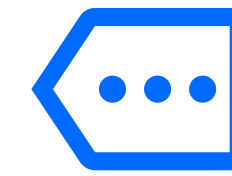
How **Digital Onboarding** can help with work-life balance

By using a digital onboarding platform, you can reduce your new hires' workload when first starting out. This will ensure that they are not overwhelmed with work and allow them to focus on their personal life as well!

By getting to know your culture early, your employees can develop a healthy work-life balance from the moment they join your organization!



37% of businesses say work-life imbalance is likely to cause employees to leave their company.⁹



67% of workers report that some aspect of their work, colleagues, or corporate culture is the biggest culprit behind poor work-life balance.¹

Therefore, make sure to regularly review workloads to craft healthy work policies and be clear on expectations so that new hires can plan their work accordingly.

Don't forget that your current employees are a vital source of company-related information for your new hires when they first start. They can also be the biggest advocates for your organization's culture. So, it's crucial that your new hires' colleagues are onboard with your company's work-life balance focused culture.

How **Digital Onboarding** can help with work-life balance

Through digital onboarding, you can introduce checkback or feedback systems which can not only help you understand your employees better, but also use their feedback to better the culture. So that your new hires can have a healthy work-life balance!



Getting new hire feedback improves their relationship with employers by **91%**.⁷



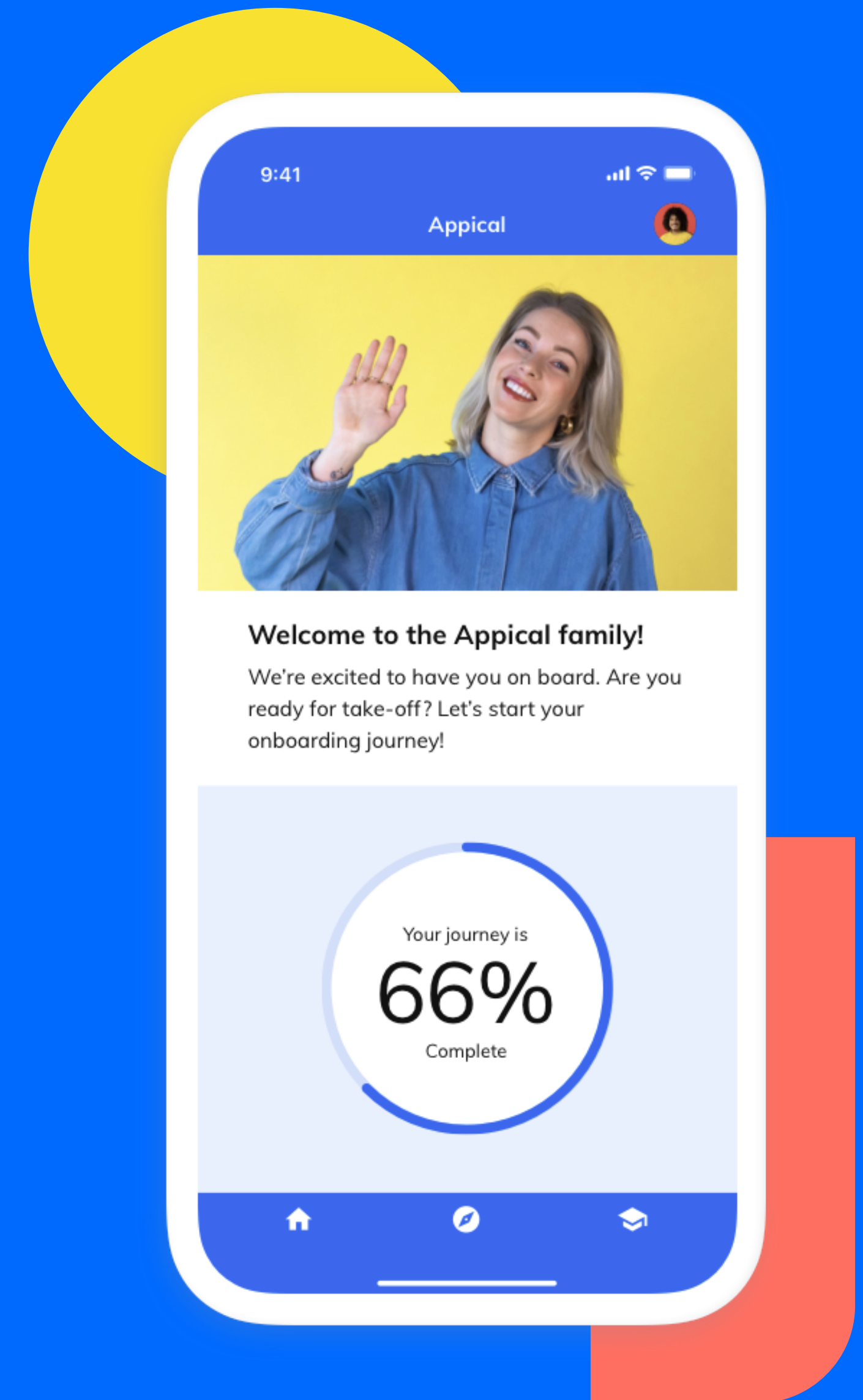
70% of employees who had exceptional onboarding experiences say they have "the best possible job."⁸



Go next level with your onboarding experience

- Easily build pre- and onboarding journeys
- Create engaging & personalized content
- Maintain and update your content in one place
- Easily keep track of your new hire's progress and task completion
- Integrate with other HR systems

[Discover Appical](#)



Sources:

- ¹ <https://www.fingerprintforsuccess.com/blog/work-life-balance-stats#>
- ² <https://www.zippia.com/advice/work-life-balance-statistics/>
- ³ <https://www.microsoft.com/en-us/worklab/work-trend-index/hybrid-work>
- ⁴ <https://comparecamp.com/work-life-balance-statistics/>
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