

4 DAY WORKING WEEK FINDINGS



61

Largest trial by UK

Employers of 4 day working led by Iceland plc (2,900 employees 2022)

92%

of these Employers retained 4 day working week afterwards

WELLNESS:

71% 

Of employees were less burnt-out, 39% were less stressed & 54% reported a better work-life balance

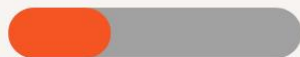
RETENTION:

15% 

Of employees said NO MONEY would ever make them ever accept 5 day working again



40% 
Increase in Productivity
seen in Microsoft Japan



35% 
Increase in Revenue by 61 organisations in the trial when compared to same period in the previous yr



FOR REFERENCE

2,900 workers, that took place in the UK from June to December 2022

<https://shorturl.at/7dC1f>.

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