

Orica Mining Services

WORK LIFE



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WORK LIFE



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technology

stress

unhappy

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What is work-life balance?



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Balance



Imbalance



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- health and well-being
- happy
- productivity

positive for employer

- reduce turnover
- improve recruitment

- stress
- unhappy
- burnout
- negative impact on work performance

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What can a company do to improve the work-life balance of their employees?

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- Flextime
- Productivity
- Part time
- Job sharing
- Breaks



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- Health care support
- Additional services
- Work from home
- Perks



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Baby boomer → hard working; flexibility

Generation X → job hopping; flexibility

Generation Y → telecommute, time off,
latest technology, team,
decision making

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