

ProHance Highlights the Importance of Achieving and Sustaining Work-Life Balance

ProHance highlights the significance of work-life balance, sharing strategies and success stories to enhance employee well-being and boost productivity

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In an era where work-life balance is more crucial than ever, [ProHance](#), a leader in workplace productivity solutions, underscores the importance of blending professional commitments with personal well-being for enhanced productivity and employee satisfaction.

A recent 2023 report from [Randstad Global Workplace Insights](#) reveals that

78% of the workforce is content with their current work-life balance, with 94% advocating for its maintenance. The study defines this balance as the capacity to manage personal needs during work hours, which 51% of respondents consider vital.

The report further states that 61% of employees would decline a job offer if it compromises their work-life harmony, and 48% are ready to leave positions that hinder their personal life enjoyment. Companies fostering a balanced environment boast a 25% lower turnover and an 89% retention rate through flexible work policies.

Health statistics are alarming, with stress and burnout leading to a 50% increase in health benefit usage annually among affected employees. However, ProHance highlights that by offering wellness programs aimed at work-life balance, businesses can reduce burnout susceptibility by 31%, thus enhancing both health and productivity. The economic impact is significant; stress-induced absenteeism costs organizations between \$2,500 and \$4,000 per employee each year, while a balanced approach can increase productivity by up to 83%.



Employers and employees alike recognize that achieving a balance between professional commitments and personal well-being is vital for sustained productivity and happiness

Saurabh Sharmaa, Chief Growth Officer at ProHance, comments, "Fostering a healthy work-life balance requires cooperation from both individuals and organizations. Employees should set and respect work boundaries, while companies offer flexible policies. Supportive measures like gym memberships, yoga, and mental health workshops can significantly decrease stress."

Sharmaa also emphasizes the role of technology, stating, "ProHance's platform assists managers in monitoring workloads, optimizing productivity, and preventing overburdening, fostering an environment where stress management is openly discussed."

Success Stories with ProHance:

Episource: Achieved an 8% productivity increase, reduced burnout, and enhanced time management.

Ajuba: Improved workload balance, decreased overtime, boosting team morale and efficiency.

Acusis: Saw productivity gains, lower attrition, and less micromanagement with ProHance's solutions.

ABOUT PROHANCE:

Empower your organization with ProHance's comprehensive suite of tools and capabilities, designed to elevate productivity, enforce compliance, streamline costs, amplify customer satisfaction, fuel data driven strategies, and seamlessly adapt to dynamic business landscapes. Currently used by over 380,000 plus users in 25 countries; harnessing ProHance propels your organization towards unparalleled strategic success by achieving key objectives.

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