

OPPORTUNITIES ARE WHAT **WE** MAKE THEM



FOCUS IS A KEY TO
WORK-LIFE BALANCE

XSF MONTHLY INSIGHT

May 2023



ORGANIZATIONS THRIVE WHEN EMPLOYEES HAVE BALANCE



“Companies have long known that programs promoting **work/life balance** boost **productivity**, reduce **turnover**, and improve employees’ **mental and physical health**. And now it’s clear that they are also a powerful way to increase **organizational diversity**.”

“The Surprising Benefits of Work/Life Support”.
Harvard Business Review. 2022.

Source: C&W Experience Per Square Foot™ survey, results from January 1, 2022 – December 31, 2022. All employees.

EMPLOYEES WITH **WORK-LIFE BALANCE** ARE:

2.5x MORE PRODUCTIVE

2.1x MORE LIKELY TO STAY AT THEIR COMPANY



IMPROVE FOCUS, IMPROVE WORK-LIFE BALANCE

Employees who have
time to focus are

8.3x

more likely to have
work-life balance

AN OFFICE THAT ENABLES
FOCUSED WORK CAN IMPROVE
WORK-LIFE BALANCE:

4.2x

Employees are **4.2x** more likely to have work-life balance when provided with **proper space to focus**

3.7x

Employees are **3.7x** more likely to have work-life balance when **distractions are minimized**

Source: C&W Experience Per Square Foot™ survey, results from January 1, 2021 – December 31, 2022.

OPPORTUNITIES ARE WHAT **WE** MAKE THEM



BRYAN BERTHOLD

Global Lead, Workplace Experience
bryan.berthold@cushwake.com

STEVEN ZATTA

Global Lead, Total Workplace Research & Innovation
steven.zatta@cushwake.com

LINSEY SMITH, PHD

Global Director, Total Workplace Research & Innovation
linsey.smith@cushwake.com

MARY SZELIGA

Senior Research Analyst, Total Workplace Research & Innovation
mary.szeliga@cushwake.com

About Cushman & Wakefield

Cushman & Wakefield (NYSE: CWK) is a leading global real estate services firm that delivers exceptional value for real estate occupiers and owners. Cushman & Wakefield is among the largest real estate services firms with approximately 50,000 employees in over 400 offices and approximately 60 countries. In 2021, the firm had revenue of \$9.4 billion across core services of property, facilities and project management, leasing, capital markets, and valuation and other services.

To learn more, visit www.cushmanwakefield.com or follow @CushWake on Twitter.

Copyright ©2023 Cushman & Wakefield. All rights reserved.



To share ideas and suggestions, email noreply-XSF@cushwake.com