

1.2 Predpisy o rovnováhe medzi pracovným a súkromným životom

A work-life balance program can be projected as a set of policies and practices designed to help employees balance their work and personal responsibilities, in order to promote overall satisfaction and reduce stress.

It is important by these programs to ensure: a flexible work schedule – for example: possibilities of working remotely or telecommuting or flexible hours; paid leave and parental leave; possibility of paid extra working hours etc.

