

Workplace Flexibility

Workplace flexibility defines when, where and how work gets done. It is a critical driver of well-being and performance, not an accommodation or entitlement. Flexible work arrangements include flextime, compressed workweek, telecommuting, furlough, phased return from leave and phased retirement.

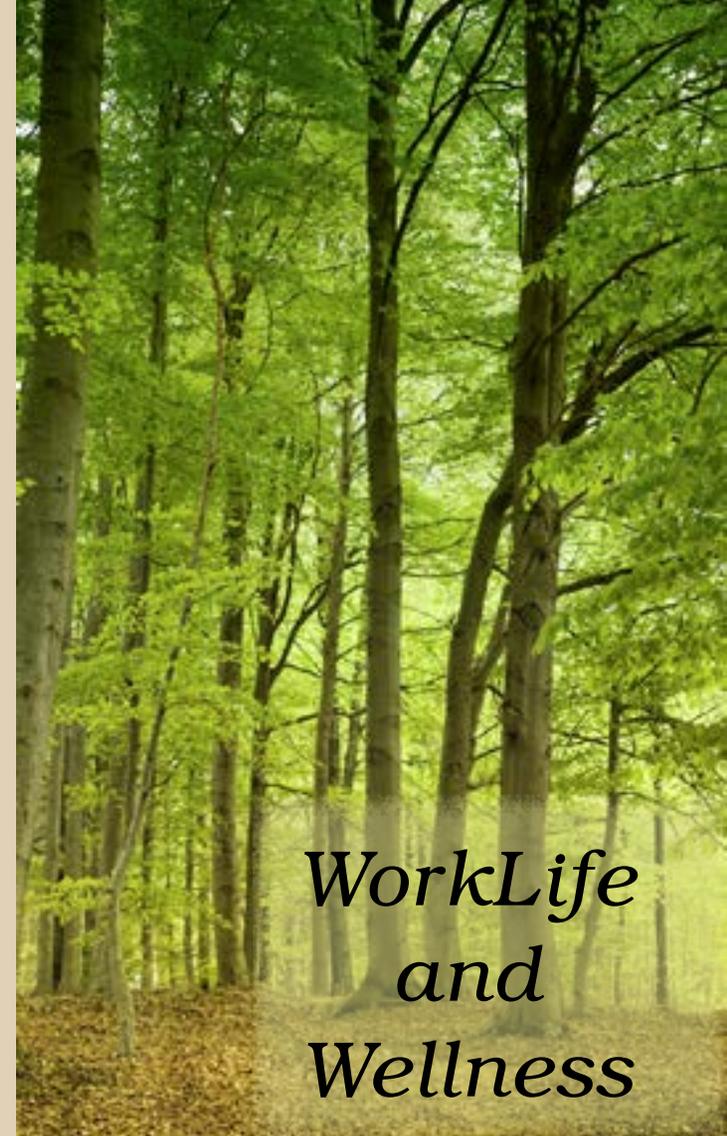
Flexible work arrangements are an effective means of worklife integration with positive outcomes such as improved morale, lower absenteeism and greater productivity.

Visit our web page to learn how to incorporate workplace flexibility into your worklife integration strategy.

<http://www.hr.ucdavis.edu/worklife-wellness>

UC Davis has earned the Alliance for Work-Life Progress Seal of Distinction.

This seal recognizes employers who demonstrate leadership in workplace strategies and practices to help employees achieve success in worklife effectiveness.



*WorkLife
and
Wellness*



<http://www.hr.ucdavis.edu/worklife-wellness>

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Housed in the Heitman Staff Learning Center near the Silo

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Services Provided



It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is the most adaptable to change.
-Charles Darwin

What is WorkLife?

Simply put, it is the intersection of the individual, his/her work, family and community. It is the ebb and flow of time and focus between work and lifestyle that occurs over one's lifetime. WorkLife at UC Davis is a collaborative umbrella program serving staff, faculty and students. Because WorkLife aims to integrate one's professional demands with one's personal life, we address the diverse needs of the entire campus community...workers, learners, teachers; young and old, single or partnered; volunteers, activists, pet guardians and more. Visit our web page to access tools and resources, read real-life success stories and learn how to integrate *your* work and life.

About our Program

Our mission is to help you not only achieve "worklife balance," but to live your complete life integrating your physical, social, occupational, emotional, financial, spiritual, environmental and intellectual self. Whether it be our Breastfeeding Support Program, Student Parent Child Care Subsidy, promotion of flexible work arrangements, or the activity-packed Wellness Challenge, we are here to assist you in your journey to worklife effectiveness.

Dependent Care

- On-campus child development centers
- Student Parent Child Care Subsidy
- Elder care resources
- SelectPlus: Sittercity/ Years Ahead
- Resource and referral
- Workplace flexibility

Breastfeeding Support Program

- Campus-wide lactation rooms with hospital-grade pumps
- Lactation consultation
- Lactation Accommodation Policy
- Classes
- Support groups
- Resources and news

Health and Wellness

- Integrated approach to wellness
- Brown Bag activities
- Wellness Challenge
- Aggies on the Move
- Classes and workshops
- Workplace flexibility
- Resources and news



Keep up to Date

Quarterly newsletters and monthly "happenings" updates inform on the latest worklife and wellness news, events and research, including free local classes, resources and webinars.

Our Team

WorkLife Manager: Barbara Ashby
WorkLife Coordinator: Sandy Batchelor
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email us "subscribe me" to join the list.