

# The Quality Of Working Life 2018

Exploring managers' wellbeing, motivation and productivity.

Managers working overtime effectively cancel out their holiday entitlement - but they're happier in their job than a few years ago, according to CMI's latest *Quality Of Working Life* report. The Research was completed by 1,574 managers across the UK and the key findings are presented here.

Managers put in **29 extra days** of work a year...



...which cancels out the typical holiday entitlement of **28 days**



**54%**

of managers say their working hours have a negative effect on the stress levels.



**20%**

of those who work more than three hours a day extra are stressed, compared to just

**6%**

of those who don't work additional hours



Working overtime also squeezes out time to exercise and have a social life.

**61%**

say mobile technology makes it hard to switch off from work.



**54%**

often check emails outside of working hours

**21%**

check all the time



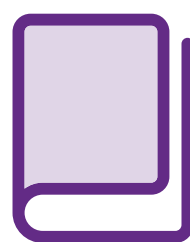
As a solution, 39% of managers want their organisation to restrict out-of-hours access to work email.

But there are positives too. Job satisfaction is on the up - showing the impact of good management on quality of working life.



**67%**

of managers are satisfied with their job, up from 55% in 2012



**76%**

believe in their organisation's values



**79%**

feel trusted by their management



**61%**

feel fairly treated by their employer, up from 54% in 2012

Contact our team for advice on ensuring a quality of working life for you and your team.



For help and advice please contact us

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