

Titre : **Atom Bank introduces four-day working week without cutting pay**

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The online bank Atom Bank has introduced a four-day work week for its 430 staff without cutting their pay. Employees now work 34 hours over four days and get Monday or Friday off, when previously they clocked up 37.5 hours across the whole week.

5 Boss Mark Mullen told the BBC it was inspired by the pandemic and would help improve wellbeing and retain staff.

However, employees will have to work longer hours on the days that they are in.

"Before Covid, the conventional wisdom was you had to commute in, sit at a desk all day and repeat that process when you commuted home," said Mr Mullen, who has led the Durham-based bank since 2014. "Covid showed us that it wasn't necessary".

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"It is undoubtedly a positive move for employers to seek to reduce people's working hours without compromising pay," Ben Willmott, head of public policy at the Chartered Institute of Professional Development, told the BBC. "However, I think the challenge of simply reducing people's working hours without other changes is that you can increase exposure to stress, which is already one of the main causes of working time lost to sickness absence."

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[...]

Mr Mullen hopes it will help attract talent [...]. "With Covid-19 causing vast numbers of people to reconsider how they want to live their lives, anything that leads to more

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productive, healthier, and, crucially, happier colleagues, is a win for everyone," he added.

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