

newsworthy trends

Finding A Balance Between Work And Family

(NAPS)—According to a recent survey, 60 percent of the nation's workforce feels it is difficult to be professionally successful as well as highly involved in family and life relationships. As a result, a growing number of job seekers are looking for career opportunities with flexible work environments, with companies that are supportive and understanding of personal and family needs.

To help achieve a healthy balance between life at work and at home, 51 percent of survey respondents attributed the Internet as a way to obtain career management information.

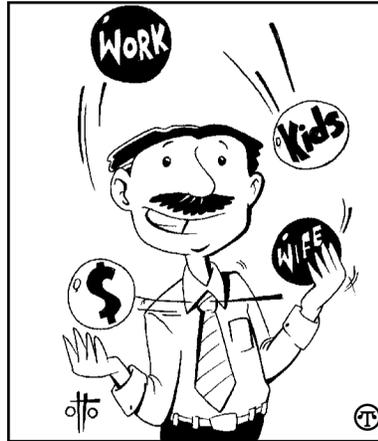
"There have been many work and life developments, but this survey shows that companies must continue to develop programs, technologies and benefits aimed at helping workers juggle their work and life responsibilities," said Diane Strahan, vice president of marketing at CareerBuilder, a leading Internet career network.

Additional findings from the "Balancing Work and Life" survey, conducted by SurveySite for CareerBuilder, include:

- 74 percent of respondents said the ability to work from home is the most desired family-friendly job perk, followed by time off for family-related issues (69 percent) and flex-time (63 percent).

- 49 percent of respondents deliberately sought out a more flexible work environment, 43 percent schedule special days to spend with family or friends and 43 percent deliberately take personal days.

- 87 percent of U.S. workers seek out an employer who is supportive and understanding of per-



More and more people expect their employers to be supportive and understanding of personal and family needs.

sonal/family needs.

- 77 percent of the nation's workforce believes that technology, including mobile devices and e-mail, have not changed the amount of hours or workload at the office.

- Workers are using the Internet at work mainly to research business information (76 percent); look up people, locations and businesses (62 percent); shop (44 percent); and look for new jobs or career management information (41 percent).

CareerBuilder and its Mega Job Search technology open a world of opportunity for job seekers with a targeted search of more than three million jobs throughout the Internet. Its online career center provides personalized career services and advice. In addition, the company has more than 60 affiliate career sites.

To learn more, visit the Web site at www.careerbuilder.com.