

Temporal strategies, changes and challenges in a shorter work week

Based on a 30-hour work week trial in a women's organization



Working time reduction =
change in temporal organisation
of work

Look at:

- Time structures
- Time norms
- Temporal experiences and strategies

Organisational level

*Together with a reorganisation of
work in self-managing teams*

Time structures: duration of working time

- 30h/week
- Max 9h/day
- Max overtime 14h24 every six months

Time norms:

- Norms on good time management through workshops and coaching

Team level

Time structures: in team charter

- Timing and frequency of team meetings
- Synchronization of office days

Employee level

- Focus: prioritization, monotasking and planning
- Consciousness of time in work and non-work

Temporal
structuring

Challenges in a shorter work week

- Creating 'white space' or slack time
- Creating enough time/space for informal interaction with colleagues