



## Scholarship Contest Winner

**Chloe Eden**

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**Essay Topic: If you had the opportunity to change the future of the workplace, what would you change and why?**

If I had the opportunity to change the workplace, I would prioritize employee well-being and work-life balance. It's important to recognize that work is a part of our lives, but it should not consume our entire existence. Creating a workplace culture that values and supports employees' well-being and happiness is crucial to overall success and productivity.

One of the biggest changes in the workplace is pushing for more flexibility in work hours and locations. The traditional 9-to-5 workday can be very rigid, and commuting to and from work can be stressful or time-consuming. Giving employees the option to work remotely or choose their own hours can make a difference in their overall happiness and job satisfaction. Flexibility can also lead to increased productivity, as employees can work during the hours they feel most productive and focused.

Another important part of employee well-being is mental health support. Work-related stress is a real issue for many people, and it's crucial for employers to provide resources to help their employees deal with that stress. By offering counseling or therapy services, companies can show that they value their employees' mental health and well-being. Additionally, creating a workplace culture that promotes open communication and supports employees in times of stress can also be very beneficial.

Diversity and inclusion are also key to creating a positive workplace environment. Employees should feel valued and respected no matter their background, identity, or beliefs. By promoting diversity and inclusivity, companies can create a workplace where everyone feels comfortable and supported. This can lead to increased creativity, collaboration, and innovation, as employees from different backgrounds bring unique perspectives and ideas to the table.

Encouraging sustainable work practices, such as reducing waste and energy consumption, can create a healthier and more environmentally friendly workplace. This can contribute to employee well-being, as it shows that the company is committed to creating a better future for everyone.

Additionally, companies can prioritize employee well-being by promoting a healthy work-life balance. This can involve offering paid time off, encouraging employees to take breaks throughout the day, and avoiding an excessive workload. For example, right now I have a part time job while attending school full-time, which can be incredibly draining. I would feel much happier if I was offered more breaks, even if small, to prevent me from becoming too overwhelmed. When employees feel like they can balance their work and personal lives, they are more likely to be happy and productive.

Finally, I believe that technology can play a big role in promoting employee well-being and work-life balance. Automation and other technological innovations can help streamline tasks and free up time for employees to focus on more meaningful work. This can reduce employee workload and stress levels, which can ultimately lead to increased happiness and job satisfaction.

Prioritizing employee well-being and work-life balance should be a top priority for any workplace. By offering more flexibility in work hours and locations, providing mental health support, promoting diversity and inclusion, encouraging sustainable work practices, prioritizing a healthy work-life balance, and integrating technology, companies can create a workplace culture that values and supports its employees. This can lead to increased productivity, employee retention, and overall success.

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