



LEGISLATIVE ASSEMBLY
FOR THE AUSTRALIAN CAPITAL TERRITORY

STANDING COMMITTEE ON ECONOMY AND GENDER AND ECONOMIC EQUALITY
Ms Leanne Castley MLA (Chair), Ms Suzanne Orr MLA (Deputy Chair),
Mr Johnathan Davis MLA

Submission Cover sheet

Inquiry into the future of the working week

Submission number: 014

Date authorised for publication: 17 March 2022

From: [REDACTED]
To: [LA Committee - EGEE](#)
Subject: Four day work week inquiry submission
Date: Monday, 7 March 2022 2:17:03 PM

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To whom it may concern, I would like to submit my thoughts to the current inquiry into the four day work week.

Committee and inquiry: Standing Committee on Economy and Gender and Economic Equality, inquiry into the four day work week

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I am of the firm belief that a four day work week would strongly improve the general mental health of Canberrans, without a decrease in productivity and output. I feel the best way to execute a four day week would be;

- In organisations that could operate only Mon to Thurs: allow full time workers to elect which day they have off.
- In organisations that must continue operating Mon to Fri: allow the business the power to allocate which days workers have off, with the involvement of the workers wherever possible

I have been in the 'adult' workforce and in the Australian Public Service for almost 8 years, and have always worked a 3.5 or 4 day week, with the exception of 'acting up' duties that have required the 5 day week for at most two months at a time.

Personally, my mental health and contribution to the Canberra community is always far better on the four day week, and it allows me to do my best work on the four days I am at work rather than flagging half way through the week.

I am 25 years old, and have peers who work 5 day weeks as well as those who do 4 or less. Consistently, those doing 5 day weeks struggle to eat well, exercise well, take care of themselves and others, and do their best when at work. Conversely, those who work 4 days a week are happier, better employees, and healthier people.

I very much appreciate that you are having an inquiry into this issue.

Kind Regards,
Rose Mackie