

The IBM Canada Work-Life Pledge

Supplement to the Covid-19 work from home pledge

I pledge to:

Support work-life balance

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Take breaks and vacation days to recharge

.....

Take care of myself and my family

.....

Show appreciation and recognition

.....

Protect my calendar

.....

Respect other people's time

.....

[insert here]



The IBM Canada Work-Life Pledge

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I pledge to:

Support work-life balance

- Make sure you plan with your manager to find time and flexibility in your schedule to recharge.
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Take breaks and vacation days to recharge

- Block your calendar for a mid-day break so that you can stretch, eat and be productive throughout the day.
 - You've earned your vacation days. Even if you are not travelling, you still need to take a break from work.
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Take care of myself and my family

- Take care of yourself and your family needs first, then you will be able to better focus on your responsibilities at work.
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Show appreciation and recognition

- IBMers are now empowered with BluePoints to give awards to each other supporting our culture of Growth, Innovation, Feedback, and Inclusion.
 - Appreciate and give thanks to your peers frequently and often. It is a powerful gesture.
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Protect my calendar

- Your time is valuable, which is why it's important that you block a few hours each week for you to focus on YOURSELF!
 - Use your time for learning, career development and work-life balance.
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Respect other people's time

- Schedule meetings during core business hours only, avoiding lunch time.
 - Does everyone need to be there? Would an email make more sense? Can that 1 hour meeting be shortened to 30 minutes?
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[insert here]

- Use this space to insert additional pledges that you would like to adhere too to ensure you have work-life balance in your life.

