



877-4IBRIDGE

www.familybridgeschicago.org

Healthy
Relationships equal
Healthy
Employees



Why are healthy relationships important?

Employees in healthy relationships increase profitability

Employees in unhealthy relationships decrease profitability

Employees in unhappy and unhealthy relationships costs companies money. These employees experience factors such as:

- increased absenteeism
- decreased presenteeism
- decreased health
- increased anxiety and stress
- increased health insurance costs

Conversely, employees in healthy and happy relationships are physically healthier, are more loyal and stable employees and they increase company profitability.

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Why should relational wellness be a concern to your company?

Let's look at the facts...

\$6 billion is lost by American businesses every year due to decreased productivity stemming from marriage and relationships difficulties

\$8,000 is the projected yearly cost to a company for an average employee making \$20/hr who is going through a divorce

168 hours is the amount of work time an employee misses work when going through a divorce - that's equivalent to being absent for four weeks

3 years is the amount of time a divorce can disrupt the productivity of an employee



What can your company do promote healthy relationships?

In creating a corporate culture that values relational wellness, businesses have many available options:

- Assess your employees' relational strengths and weaknesses
- Offer marriage and relationship education to improve relational wellness
- Offer relational coaching
- Offer a continuum of services for intervention as an employee benefit

\$1.50 - \$6.85 per dollar spent is the return on investment a company can receive by investing in the physical and relational wellness of their employees.

How can we partner with you?

Family Bridges is a nonprofit organization that teaches couples and individuals how to strengthen and sustain relationships for those who choose to be in relationships that enrich each partner, their children, their workplace and the community.

We provide companies with solutions to their relational wellness needs by empowering employees with valuable skills and boosting their morale. Our workshops provide training in every day life skills that are relevant in both business relationships and personal relationships; skills such as:

- Team building
- Problem solving
- Conflict resolution
- Communication skills
- Stress management

Interested employers can collaborate with Family Bridges to provide these workshops in many flexible formats including: during work hours via bag lunches, extended, on site evening or weekend workshops, weekend retreats at off site locations for large groups, during strategic planning retreats offered by your place of business or by referring employees to attend any of our ongoing groups offered throughout the Chicagoland area.



Of couples and individuals who have participated in our workshops...

75% improved in their communication skills

74% improved in their conflict resolution skills

42% reported an overall increase in marital satisfaction