

**4 DAY WEEK  
NATIONAL  
ROLLOUT  
PROGRAMME  
2023**

***FROM EXPERIMENTATION  
TO IMPLEMENTATION***

**The evidence is clear: after numerous trials, pilots and case studies from across the world, the four-day, 32 hour working week with no loss of pay is a tried and tested success.**

*To move beyond experimentation and pilots, we have teamed up with the **4 Day Week Campaign** to launch the first ever four-day week National Rollout Programme for UK companies and organisations interested in moving to a four-day week this year.*

The rollout programme will help to make your organisation 'four-day week ready' and support you on your journey.

## **The programme will involve:**

- » Online workshops with experts and consultants who have experience supporting hundreds of four-day week companies
- » Online workshops on improving productivity and HR best practice
- » Problem solving alongside organisations in the same sector
- » Regular troubleshooting events
- » Learning best practice from companies who have already adopted a four-day week
- » Social engagement opportunities in your region of the country

## **Timeline**

- » The application process to join the rollout programme is now open (see how to sign up below). The deadline for signing up is Friday 31st March.
- » The programme will run for 8 weeks from 20th April - 8 June.
- » Organisations will begin switching to a four-day week together on Monday 12th June although there is no obligation to begin on that date.

## **Cost**

We are aiming to sign-up hundreds of companies to participate in the programme. In order to maximise accessibility, we have created grades for participation.

- » Organisations with annual (gross) income of <£100,000: £1000 (excl. VAT)
- » Organisations with annual (gross) income of £100,000 - £200,000: £2000 (excl. VAT)
- » Organisations with annual (gross) income of £300,000 or more: £3000 (excl. VAT)

## How to sign up

Applications to join the programme are now open. Please apply by submitting this [form](#)

If you have any further questions or would like to speak to someone, you can email: [rolloutprogramme@autonomy.work](mailto:rolloutprogramme@autonomy.work)

## Information Sessions

We will be hosting two information sessions in March for organisations that would like to find out more before signing up. You can sign up for those here:

Thursday 9 March, 2.30, 3.30 [EVENTBRITE LINK](#)

Thursday 16 March, 2.30 - 3.30 [EVENTBRITE LINK](#)

## Programme

### Thursday 20 April

2.30 - 3.30 - Workshop 1: Welcome to the Programme

### Thursday 27 April

2.30 - 3.30 - Workshop 2: Different models of implementation

- » Four-days, 32 hours
- » Gradual reduction in hours
- » Rotation of days off vs fixed day off
- » Seasonal four-day week

### Thursday 4 May

2.30 - 3.30 - Workshop 3: How to prepare for a four-day week with Rollout Programme Ambassadors:

- » Claire Daniels (Trio Media)
- » Gary Conroy (5 Squirrels)

### Thursday 11 May

2.30 - 3.30 - Workshop 4: Improving productivity and business performance with entrepreneur and expert:

- » Banks Benitez

### Thursday 18 May

2.30 - 3.30 - Workshop 5: Meet the other organisations from your sector/industry

### Thursday 25 May

2.30 - 3.30 - Workshop 6: Getting HR ready with:

- » Hetti Dysch (City to Sea)

### Thursday 1 June

2.30 - 3.30 - Workshop 7: Measuring Success with:

- » Dr David Frayne (Research Associate at University of Cambridge)

### Thursday 8 June

2.30 - 3.30 - Workshop 8: Final Preparation