

### WELLBEING IN FINANCE: 3 DAMAGING TRENDS AND HOW TO FIX THEM



Rapidly evolving regulations, increasing workloads, and new hybrid ways of working have stretched finance professionals to their limits. As a result, overwhelmed and under-equipped teams shoulder significant mental strain. Just how bad is the problem? We surveyed hundreds of finance decision-makers and employees and discovered three damaging trends.

Fortunately, there's also a way to repair these trends.

## 7. THE MIND GPIND



## GOTHE EXTRA MILE Hybrid and remote setups blur the

lines between work and personal time, while supply chain issues and cost of doing business increases have upped the pressure on finance **departments** to 'go the extra mile'.

of finance function employees feel stressed and anxious at work



### Job-related stress impacts work and **home life.** Stressed employees are often far more prone to errors, fatigue,

SEPTOUS HEALTH

CONDITIONS

burnout and conflict, not to mention a litany of serious health conditions.

### THE FIX What's needed are strategies to reduce

manual tasks, increase efficiency and ease workloads. Inefficient, outdated and siloed technology is the primary issue. By embracing technological change, workloads can be eased and the mind grind redressed.



# 2. DISSATISFACTION AND THE CREAT RESIGNATION



The 'Great Resignation' is very real and far from over. Today's workforce wants to be valued and engaged every day. Many are reevaluating their work-life balance and are seeking more fulfilling roles.





efficient This figure has dropped by over 10% since last year.

of decision-makers

believe their teams to be extremely or very





### listening to the concerns of employees and moving past legacy systems, you can create a meaningful department, helping

you retain talent and improve efficiency.

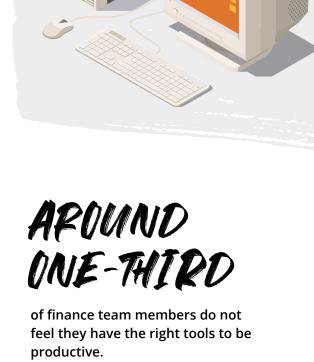
and overall wellbeing improve. By



### of finance professionals 47% believe their current financial systems are outdated Years of underinvestment have left many departments running on technology that doesn't meet the demands

of a modern finance function. Frustration and mental

strain are inevitable side effects.





The wrong tools severely impact

performance. Dissatisfaction can quickly spiral into disengagement and disillusionment. But those who feel they have the right tools are considerably more satisfied in their roles.

ROAD TO PEPAIR: THE POWER OF DOING LESS We spend nearly a third of our life at work. With teams so focused on ticking off tasks, it leaves no time to focus on the things that truly matter

trivial tasks over to technology - is an

investment in your people.

It's time for a change. Innovating with technology to minimise manual, menial and mundane tasks is the clearest path to improving wellbeing. Real-time data, reports and forecasts at your fingertips - these are the innovations that

so your finance teams get more time to focus on strategic tasks. Your people can strike a better balance, set clear

and achievable boundaries, and make better decisions for themselves.



- both at work and at home.

- with the power of doing less.



THE STATE OF WELLBEING IN THE FINANCE FUNCTION

in finance, check out the full report: The State of Wellbeing in the Finance Function

Read the full report