



ANTEDOTUM

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WORK- LIFE BALANCE PLEDGE

Happiness through
healing

Inspired by
ANTEDOTUM values
for our most
valuable asset...YOU





Your Right to Disconnect

Set your office hours and stick to them. Create "Operating Hours" in your email signature line for all to see.

YOUR RIGHT TO A VACATION

Use all your vacation days! It is highly recommended to take one whole week at a time. We want you to have the opportunity to relax and come back to work refreshed.

YOUR RIGHT TO A WELLNESS DAY

We want you to dedicate a day off for self-care. This can be used for your annual physical, a spa retreat, or a day trip...whatever restores your body and soul.

ANTEDOTUM RESPECTS

Your Right to Disconnect

Your Right to a Lunch Hour

Your Right to a Weekend

Your Right to a Vacation

Your Right to a Wellness Day



Your Right to a Lunch Hour

Take your full hour, enjoy a healthy meal, and do not answer work calls.

Your Right to a Weekend

Your weekend starts when you log off on Friday. Enjoy your time with friends and family. We want you to be rejuvenated when you log back on to work Monday morning.

