

Wharton Professor Adam Grant Makes Case for Four-Day Week

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Executives looking to boost productivity on their teams might want to consider an experiment: cutting a day of work from the week.

[A four-day workweek](#) could increase employee wellbeing while improving the pace of work inside companies, said Adam Grant, an organizational psychologist at the Wharton School of the University of Pennsylvania.

Speaking at The Wall Street Journal's CEO Council Summit Tuesday, Mr. Grant said that when [companies ran pilots of four-day weeks](#), many found that company performance either improved or was sustained, while employees became more focused.

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