

Special Issue

Work–Life Balance and Wellbeing for Sustainable Workforces

Message from the Guest Editors

The COVID-19 pandemic is a catalyst for employers to rethink how they implement workplace flexibility and work–life policies that meet the changing needs of employees in terms of flexibility and mental health support. The relationship between employees and employers has fundamentally changed, and new frontiers of the work–life balance are emerging. We welcome a variety of contributions in relation to sustainable workforces from the perspective of work–life balance, theoretical frameworks of wellbeing and methodological approaches. Sample topics:

- Sustainable careers
- How flexible work allows for greater work–life integration
- Four day working week and other initiatives to increase productivity and decrease procrastination
- Work–life balance, conflict, enrichment, integration
- Working and caring–more engagement from both men and women
- Restrictions and lockdowns and their impact on work–life balance
- Changes to work preferences and work-related health and safety challenges following COVID-19
- The role of leaders in promoting employee wellbeing to achieve a sustainable workplace

Guest Editors

Prof. Anne Bardoeel

Dr. Melissa Wheeler

Dr. Asanka Gunasekara

Deadline for manuscript submissions

closed (20 March 2023)



Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



mdpi.com/si/104693

Sustainability
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
sustainability@mdpi.com

[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)





Sustainability

an Open Access Journal
by MDPI

Impact Factor 3.3
CiteScore 7.7



[mdpi.com/journal/
sustainability](https://mdpi.com/journal/sustainability)



About the Journal

Message from the Editor-in-Chief

I encourage you to contribute a research or comprehensive review article for consideration for publication in *Sustainability*, an international Open Access journal which provides an advanced forum for research findings in areas related to sustainability and sustainable development. *Sustainability* publishes original research articles, review articles and communications. I am confident you will find the journal contributes to enhancing understanding of sustainability and fostering initiatives and applications of sustainability-based measures and activities.

Editor-in-Chief

Prof. Dr. Marc A. Rosen

Faculty of Engineering and Applied Science, University of Ontario
Institute of Technology, Oshawa, ON L1G 0C5, Canada

Author Benefits

Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

High Visibility:

indexed within Scopus, SCIE and SSCI (Web of Science), GEOBASE, GeoRef, Inspec, RePEc, CAPIus / SciFinder, and other databases.

Journal Rank:

JCR - Q2 (Environmental Studies) / CiteScore - Q1
(Geography, Planning and Development)