RESTORE THE DAY

More Life.
Less Logistics.

A White Paper by Restore the Day

Becky Beanblossom, MBA | President & CEO - **becky@restoretheday.com | 502.552.1215**

Executive Summary

Employees are overwhelmed. The everyday reality of life logistics consumes time, attention, and energy. This is the same time, attention, and energy employers depend on for productivity, engagement, and retention.

Restore the Day delivers human-centered concierge support, not AI recommendations. We offer human-in-the-loop assistance to complete tasks associated with life logistics. Restore the Day enables employees to engage more fully at work and be more present at home.

Survey findings indicate employees spend 20% - 25% of working time on personal or non-essential activities. This is not the result of disengagement; it reflects the reality that employees must manage life during work hours. Scheduling repairs, coordinating childcare, arranging medical care, planning travel, resolving administrative issues, and responding to family needs often cannot be delayed or ignored. In the absence of support, these tasks inevitably spill into the workday, costing employers $10,000 or more per employee per year.

Implications are significant:

- Lost productivity
- Increased cognitive load and fragmentation
- Reduced engagement and focus
- Higher stress and turnover
- Burnout and workplace fatigue

For employees, the cost is equally tangible — and often invisible. The constant pull of unresolved personal responsibilities competing with professional demands creates sustained cognitive load. Over time, it is not motivation that erodes; it is bandwidth. This is not a commitment issue. It is a capacity issue.

Employers have invested significantly in wellness platforms, digital resources, and flexible work policies. Those investments matter, but they typically provide guidance or education. One critical gap remains — execution. Restore the Day closes the loop. Employees do not need more content or another app. They need things done. Traditional EAP programs have 3% - 6% utilization. Restore the Day achieves 65% or higher utilization across its clientele.

When the to-do list at home is actively shrinking instead of just being deflected, focus returns, stress declines, and performance stabilizes. The missing link is not awareness; it is relief.

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The Restore the Day Model Is a Human-Centered, Task-Completion Concierge

Restore the Day is built on a simple concept: the greatest gift an employer can give is time. Unlike digital-only platforms, Restore the Day's human specialists complete everything on the to-do list. The result is tangible time returned to employees and real financial benefits for employers.

Restore the Day's approach centers on:

- Human concierge specialists completing real tasks
- Local ecosystem and community resource integration
- Engagement that encourages usage
- Local and national vendor coordination
- Personalized employee support and solutions
- Scalable customized enterprise delivery

Restore the Day Concierge Services Drive Retention Case Study:

Employer: Large Tennessee hospital system with over 14,000 employees
Problem: Experiencing unprecedented turnover among nurses due to staffing shortages
Solution: Restore the Day conducted a 90-day pilot that decreased nursing turnover by 2%
Savings: $1.8M in attrition costs

Restore the Day Concierge Services Drive Utilization of Existing Benefits Case Study:

Employer: Large financial institution with 5,000 employees at two locations
Issue: Employees had 10% or less utilization of existing benefits
Solution: Restore the Day's on-site concierge program focused on driving engagement and wellness initiatives, and within one year, utilization of existing benefits rose to 45%
Savings: The client reported $375K in productivity gains

The Business Case for Employers

» Productivity Increase: Employees focus on work rather than personal logistics
» Retention Increase: High-touch benefits increase loyalty and differentiation
» Engagement Increase: Employees feel supported in real life, not just at work
» Employer Brand Elevation: Organizations signal a human-centered culture
» HR Efficiency Increase: Personal-life support requests shift away from HR teams
» Benefit Utilization Increase: Employees make greater use of existing benefits
» Employee Well-Being Increase: Stress is reduced through task removal, not awareness alone

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Concierge Support in the Future of Work

As hybrid work, caregiving complexity, and life coordination continue to rise, the boundary between work and personal responsibilities will remain fluid. Employers increasingly recognize that supporting the whole employee requires reducing life friction, not just offering programs. Organizations investing in time-restoring benefits position themselves for stronger workforce resilience and engagement.

Conclusion: More Life. Less Logistics.

Employees are not facing a motivation deficit. They are operating under sustained overload. The issue is not willingness to perform; it is the cumulative weight of unresolved life logistics competing for the same finite resources required to do great work.

When employers actively remove that friction — when errands are handled, appointments are secured, and problems are solved — employees recover more than time. They regain mental clarity, discretionary energy, and the capacity to focus fully.

This is where workforce strategy is evolving. The future is not more information, more content, or more passive benefits. It is tangible execution that materially reduces burden and measurably improves life. Restore the Day exists to return time to people, because when life works, work works.

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