

SOCIAL AND PRIVATE SECURITY IN THE WORLD OF WORK



ABOUT WAGES...

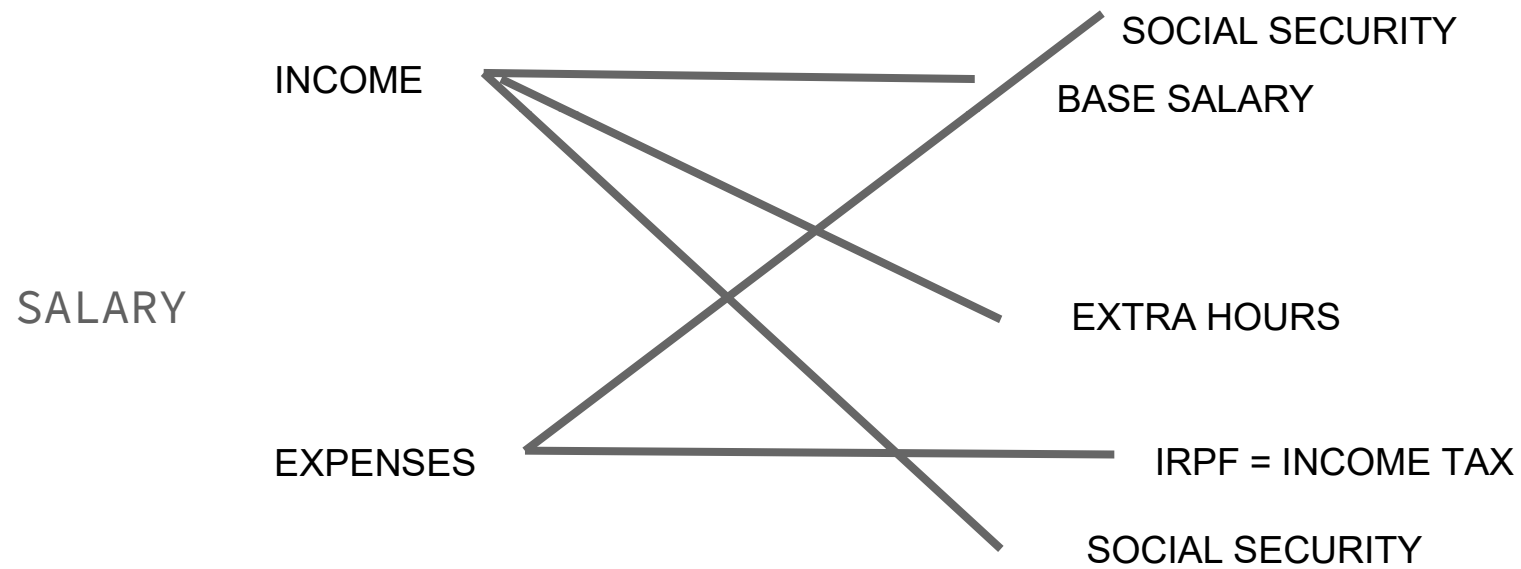
Net Pay is the amount of money that an employee takes for him after deductions, taxes...

Gross Pay is the amount that the employee earns, before applying the taxes.

The number of payments you have may depend on the company. You can be paid 12 or 14 payments.

In Spain there is usually a salary bonus in July and December

ABOUT WAGES



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< 12.450 €	-> NO
12.450€ to 20.200	-> 24%
20.200 to 35.200	-> 30%
35.200 to 60.000	-> 37%
> 60.000	-> 45%

Retenciones IRPF



TIPS TO ENTER THE WORLD OF WORK

Do your research

Include relevant skills and experience in your application (sell your achievements)

Show your personality , Be convincing.

Avoid common mistakes(Lying,not enough details)



HOW WILL MY LIFE CHANGE

Self-discipline

Financial responsibility

Responsibility for the future

Social life changes



THINGS THAT HELP IN THE WORK WORLD

- Investigate and know your goals.
- Have realistic expectations
- Search for networking opportunities
- keep setting goals.



EXPECTATIONS
VS.
REALITY



This is important because if you have a good balance:

People:

- Can improve your health.
- Can improve your life in family.
- Can improve performance in the work.
- Can have time for you and that will make you happy.

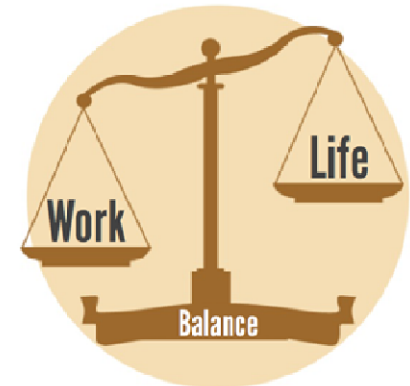
Companies:

- Have low absenteeism and greater employee commitment.



The negative effects of not having a good balance

- People have higher levels of emotional exhaustion.
- Have more aggressive impulses.
- Have a negative behavior and conflicts with family.



Work-life balance in Spain

- In Spain almost 6% of employees work very long hours.
- In Spain, full-time workers devote 66% of their day on average, or 15.9 hours, to personal care.
- In Spain people have a good work-life balance in relation to other countries.



Negative effects:

- We eat too late and very fast then we not take advantage of that time.
- We go to bed too late then we do not rest well.

It is difficult to find a balance between work and family schedule. We should improve that.

Tips to get a good work-life balance

- Do exercise because that removes stress
- Learn to disconnect from work
- Take a holiday/break
- Learn to promise results not time
- Learn to have a rest at meal and not follow working.
- Face and solve their problems.



THE END

