

# Relationship Advice: Is Your Job Killing Your Relationship? How To Choose The Right Company To Work For?

By [Dr. Amy Osmond Cook](#)

When Andy Sachs ([Anne Hathaway](#)) took the job as an assistant for the infamous Miranda Priestly, (Meryl Streep) in the 2006 hit, *The Devil Wears Prada*, viewers knew things would get rough in the workplace. But this movie also illustrates the impact a stressful work environment has on a relationship. Studies conducted by [relationship experts](#) show that more than half of women are kept awake at night by job-related stress, according to [Metro.co.UK](#). Fortunately, not all bosses have this negative influence on employees, and many leading companies place employee engagement and job satisfaction as top priorities. Here are three things to look for in a company that values your personal life as well as your work life so you can avoid [relationship problems](#).

## Relationship advice that will help you balance work and love!

**1. Choose a company that values flexibility.** In a global economy supported by cloud technology, the parameters for innovative work structures are more flexible than ever. For example, companies like Simplus and Clif Bar offer remote and flexible work schedules for full-time employees. “That’s why

nine out of ten employees report plans to grow with their companies for a long time,” says Jennifer Parris from WorkFlexibility.org. “And workers, grateful for the flex, report that the overwhelming majority (95 percent) will do extra if it means getting the job done.”

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**2. Choose a company that values culture.** Finding a company that values a positive work culture means management respects work boundaries and recognizes the importance of personal time. “We often hire with our work culture in mind,” says Ryan Westwood, CEO of Simplus. “We want our employees to thrive, and we understand that supporting employees’ personal lives is an important of that. We aim for high employee satisfaction, which is one reason we were ranked the #2 top company culture by Entrepreneur Magazine.” Things like yoga classes, healthy lunches, and generous vacation packages ensure companies retain valued staff, and employees can focus on other things when the workday is over.

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**3. Choose a company with good benefits.** While things like prenatal care or family dental coverage may not matter now, however a solid benefits package will support you when your long-term goals include starting a family, buying a home, or retiring early to kayak around the world. A generous benefits package means a company wants to keep you around for a while and be a part of your personal and professional growth.

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Contrary to what the movies may show, a qualified employee shouldn’t have to sacrifice a valued relationship for work demands. Follow this work-related [relationship advice](#), and

you're sure to bypass all that unnecessary stress Andy Sachs had to put up with. If you have the skills that an employer values, you can position yourself for positive professional momentum while nurturing cherished relationships at home.

*For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).*