



## **Law Firm Voted One of 50 Best Places to Work in Indiana Begins Work-Life Balance Program for Employees**

*EK Errands Express, a leading a personal assistant, errand and concierge service in the Indianapolis area has teamed up with law firm Sommer Barnard PC to provide personal services for employees during business hours to help achieve work-life balance.*

Indianapolis, IN ([PRWeb](#)) April 17, 2007 -- EK Errands Express ([www.EK-Errands-Express.com](http://www.EK-Errands-Express.com)) is pleased to announce it has teamed up with the law firm Sommer Barnard PC ([www.SommerBarnard.com](http://www.SommerBarnard.com)) to offer personal services to employees of the law firm at both its downtown and northside offices. Beginning April 9, 2007, personal services are available to employees during normal business hours two days a week exclusively to help achieve balance between work and home. "EK Errands Express is excited and looks forward to working with the employees of Sommer Barnard PC," states Jackie Murphy, Owner and President. "Our goal is to 'make life simple'."

Sommer Barnard PC, a leading reputable full service law firm in the Indianapolis area has, for the second year in a row been voted by the Indiana Chamber of Commerce as one of the 50 best places to work in Indiana (<http://www.insideindianabusiness.com/newsitem.asp?ID=22039>). With locations in downtown Indianapolis and Keystone at the Crossing, the firm has approximately 175 employees including attorneys, administration and staff. Sommer Barnard is the first law firm in the Indianapolis area to offer these types of services to employees.

Becky Peterson, Human Resources Director at Sommer Barnard PC states "The services provided by EK Errands Express offer a unique benefit to our employees. Sometimes folks have more time than money, sometimes more money than time, but it's a rare occurrence when someone has both at the same time. When TIME is precious, EK Errands Express can offer some relief from the hectic schedules and daily stresses of life. Thank you, Jackie!"

Work-Life Balance Programs are becoming increasingly popular for employers to offer employees. Companies are finding the value of offering work-life balance programs which increases employee retention, boosts morale, increases productivity because the employee is able to focus on their job, and is an attractive recruiting tool. Employees benefit by having a resource to call upon to accomplish personal tasks which leaves the lunch hour free to enjoy and the stress of accomplishing necessary tasks after work and the weekend is diminished. People have more time outside of work for other important things such as family, fun and leisure.

In recent studies conducted, the biggest concern among individuals is not having enough time for their family and work responsibilities. The results also indicated:

- Americans work 20% more per week than in 1973 (up from 40.6 hours to 48.8 hours)
- Had 32% less free time per week (down from 17.7 hours per week to 8.5)
- 83% of corporate employees surveyed indicated a work/life amenity was of the utmost importance for job satisfaction
- Salary, opportunity for work-life balance and benefits were the leading deal-makers which motivate a worker to leave a job or accept or decline a new position regardless of age, gender or ethnicity. Factors considered

included the importance of work-life balance initiatives to attract female employees, retain male employees, and what drives older workers to search for new jobs.

Increasingly, people are realizing the value of time, the lack of time to get everything done and that outsourcing is an attractive and affordable solution. Work-life balance is a leading issue in the legal profession. The Boston Bar Association (Facing the Grail - Confronting the Cost of Work-Family Imbalance); North Carolina Bar Association (YLD Work/Life Balance Survey Results); Oklahoma County Bar Association (Report on the Survey: Work/Life Balance in the Legal Profession); and ABA Commission on Women in the Profession (Balanced Lives: Changing the Culture of Legal PracticeI) are being commended for Task Force Studies bringing to the forefront and addressing the issues of work-life balance amongst legal professionals. The findings not only highlight the complexity but the need to improve the quality of legal professionals' lives but address the stress of lawyers managing balance. Although the studies are based on lawyers only, the issue of balance extends to all professionals in the legal field - administration, paralegals and staff.

Jackie Murphy, a former legal assistant with 23 years experience in the profession established EK Errands Express in 2004 after years of witnessing peers and clients struggle with dilemmas between work and home. EK Errands Express offers a wide variety of services for individuals, professionals and businesses. The company also offers specialized legal services such as dedicated courier service, court filings, service of process to name a few. EK Errands Express has become a popular solution both businesses and those too busy and want more time. EK Errands Express is fully insured, a Strategic Partner and Preferred Vendor of the Indianapolis Bar Association, an Expert Service Provider for LexisNexis Martindale-Hubble ([www.martindale.com](http://www.martindale.com)) and a member of a leading "preferred provider" lists. EK Errands Express has been featured on WISH-TV and in numerous publications including Indianapolis Business Journal's Women in Business Profile; Indianapolis Monthly Magazine, NUVO and Indianapolis Court & Commercial Record.

For more information on Work-Life Balance Programs offered by EK Errands Express please contact:

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