Capital One Named To 2015 Working Mother 100 Best Companies Recognized For Progressive Workplace Programs

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MCLEAN, Va., Sept. 24, 2015 /PRNewswire/ -- Working Mother magazine today named Capital One as one of the 2015 Working Mother 100 Best Companies for its commitment to progressive workplace programs, including advancement of women, flexibility, child care and paid parental leave. The 100 Best Companies are featured in the October/November issue of Working Mother and on workingmother.com.

"Capital One has worked to build an inclusive environment and family-friendly policies that support all of our associates," said Lane Hopkins, Senior Vice President of Human Resources and Chief Diversity Officer. "We are committed to providing rewarding careers, benefits, and training, including dedicated associate networks designed to foster an open and supportive work environment and enhance the overall experience for our associates in both their professional and personal lives. We are proud of the Capital One culture and what we've achieved and we are honored once again to be named to Working Mother Magazine's Top 100 list."

Jennifer Owens, editorial director of Working Mother Media, says, "Thirty years is an important milestone and we are happy to honor it. But we know, too, that the road ahead to truly supportive workplaces for all employees remains long. Today, more than 2 million people work at a Best Company but that's a drop in the bucket when you consider that our nation is home to 24 million working mothers—70 percent of moms with kids under age 18 are employed."

Subha Barry, vice president, general manager, Working Mother Media, says, "As we celebrate the 30th anniversary of Working Mother's 100 Best Companies, we are keen to recognize leaders who have built initiatives that truly support all employees. They are the vanguard of successful companies, with policies that matter to American families."

The complete list of Working Mother's 2015 100 Best Companies can be found here.

Working Mother will also hold its third annual National Flex Day on Tuesday, October 20th. As it does as a matter of course, Capital One will demonstrate its support by encouraging its employees to take advantage of its comprehensive flexible work arrangement policies. It will also share the official National Flex Day badge on its web site and display the National Flex Day poster in its offices.

About Capital One

Capital One Financial Corporation (www.capitalone.com/) is a financial holding company whose subsidiaries, which include Capital One, N.A., and Capital One Bank (USA), N.A., had \$208.8 billion in deposits and \$310.5 billion in total assets as of June 30, 2015. Headquartered in McLean, Virginia, Capital One offers a broad spectrum of financial products and services to consumers, small businesses and commercial clients through a variety of channels. Capital One, N.A. has branches located primarily in New York, New Jersey, Texas, Louisiana, Maryland, Virginia and the District of Columbia. A Fortune 500 company, Capital One trades on the New York Stock Exchange under the symbol "COF" and is included in the S&P 100 index.

About Working Mother Media

Working Mother Media (WMM), a division of Bonnier Corporation (<u>bonnier.com</u>), publishes *Working Mother* magazine and its companion website, <u>workingmother.com</u>. The Working Mother Research Institute (<u>workingmother.com/wmri</u>), the National Association for Female Executives (<u>nafe.com</u>) and Diversity Best Practices (<u>diversitybestpractices.com</u>) are also units within WMM. WMM's mission is to serve as a champion of culture change. *Working Mother* magazine is the only national magazine for career-committed mothers. Follow us on Facebook, Twitter, LinkedIn and Pinterest.

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