Digital Transformation for Work-Life Boundary Management

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Are we all fitter, happier and more productive?

- 347 survey participants
- challenges for people in managing digital self-control, maintaining productivity and work-life balance that surfaced during the COVID-19 crisis
KNOWLEDGE WORKERS

• Increased boundary control
• Reduced number of work interruptions during non-work
• Reduced stress

Junior Doctors

Remote workers during Covid19 lockdown


https://www.eworkresearch.org
Awaiting normal for remote work

Old ways of working
Breakdown of normal

New issues to be addressed

Encountering gaps

No continuation

Waiting for return to old normal

Old ways of working

Information behaviours

Socially constructed normal

New normal for work

Seeking a new normal for remote work

Old ways of working
Breakdown of normal

Information behaviours

Socially constructed normal
Temp normal for work

Encountering gaps

Sense making

Bridging gaps: adopting new strategies
Anticipating a new normal for remote work

Future issues to be addressed

Old ways of working
Breakdown of normal

Encountering gaps

Information behaviours

Sense making

Socially constructed normal
New normal for work

Anticipating future gaps

The new digital future of work
The eWorkResearch group is an interdisciplinary team of experts researching the use of digital technology in work and wellbeing. Established by Professor Anna L Cox, the team includes researchers based in the UCL Interaction Centre at UCL and collaborates with colleagues at Cardiff University, Northumbria University, University of York, Trinity College Dublin, UC Irvine, and the University of Melbourne.

eWork Radio
Try our app to see whether music can help you focus or relax.

Advice for hybrid workers
Building on a decade of our research into how to best exploit the benefits of hybrid working, whether remote working is right for you.

https://www.eworkresearch.org – Take a questionnaire, find some strategies for you
see how the technology really blurs those boundaries so we've been looking

Digital work-life Boundaries for when you're working from home with Anna Cox
Anna Cox on family, work & strategies for making the changes we want
March 06, 2017

Anna Cox is a Reader and Deputy Director at the UCL Interaction Centre (UCLIC). Anna shares her early career experiences, the challenge of lecturing a large class, and how she and her partner created flexible work practices to manage family and work. She also talks about the research studies she and her students have been doing on ‘work life balance’, including the ways in which people are different, and strategies such as creating microboundaries and frictions to help us take more control of our work.
Thank you for your attention