



Work-Life Balance Working Group

Our purpose

Work-life balance is an issue that concerns us all

We aim to ensure that evidence-based research and strategies for managing the work/non-work interface in a healthy and sustainable manner are promoted widely for the benefit of all.

The members are drawn from various fields within research and practice.

What we do for you

- Work-life balance is a fundamental part of 21st century occupational psychology. We promote a triple agenda for the benefit of employers, individuals and wider society.
- We aim to ensure that work-life balance is a core element of organisational practice, facilitated by state-of-the-art evidence and underpinned by sensitivity to diversity.
- We bring together experts in the field to debate relevant topics, further research and practice, and disseminate best practice to all stakeholders to ensure linkage between academia and practice.
- We publish a newsletter containing a wealth of articles and information on key progressions in the field of work-life balance – this is now an official British Psychological Society publication!



Outputs, events and collaborations – Some examples

- 2016: Learning a Living event on Work life balance - An evidence based approach for practitioners.
- 2016: Transdisciplinary conference on the Always-on Culture at Birkbeck, University of London. Funded by the Balance Network/ESPRC.
- 2016: Symposium on the Always-on Culture at the DOP Annual Conference.
- 2016: Symposia at the EAHP conference Athens and IWP Conference, Sheffield.
- 2016: Contributed to the DOP stream at the Health and Wellbeing at Work event at the NEC, Birmingham.
- 2015/16: 'Exploring the Always-on Culture': Implications of technology use across the working lifespan. BPS Funded Seminars.
- 2015: 'Work-life Balance and Wellbeing in Recession and Austerity', and 'The Future of Work-life Balance'. ESRC Funded Seminar Series.
- 2015: 'Work life Balance: What about fathers?' event for work-life week.
- 2015: Formal links made with the International Work and Family Researchers Network.



Future plans

- Continuing to run workshops on topical issues, such as flexible working, at the DOP Conferences.
- Continuing to highlight topical issues at high profile conferences.
- Organising events to mark National Work-life Week, which is usually held in September of each year.
- Developing evidence-based factsheets on e-resilience.
- Conducting research on e-courtesy and e-empathy.
- And much, much more!

