

Balance Network: exploring work-life balance in the digital age

Activities and events: January–June 2016

Design-led explorations: material desires

Paulina Yurman p.yurman@gold.ac.uk

17 February, Goldsmiths London

Design-led workshop exploring our complex relationship with technologies that blur the lines between domestic and work life, and gender implications. To register contact [Paulina](#).

Life-swap workshops

Dr Rowanne Fleck r.fleck@cs.bham.ac.uk

25 February, University of Nottingham; late February, UCL London; late April, University of Birmingham

Three interactive workshops exploring how sharing personal data via technology has huge potential to help people gain new insights into their behaviours.

Rhythms, routines & relationships: Daily life, digital technologies & energy demand

Dr Rachel Macrorie r.m.macrorie@sheffield.ac.uk

January–April webinars

Following a successful working party in Nov 2015 the Practices, Built Environment & Sustainability network are leading this webinar and working paper series examining our changing routines.

Prolonging working life through ICT: the role of crowdsourcing

Dr Sally-Anne Barnes sally-anne.barnes@warwick.ac.uk

3 March, University of Warwick

Seminar exploring how crowdsourcing is enabling people, including older workers, to remain part of the labour force.

‘Going off the grid’: Can employees really switch off during travel?

Dr Barbara Neuhofer bneuhofer@bournemouth.ac.uk

9 March, Bournemouth University

Speakers including Prof Dimitrios Buhalis, Dr Zornitza Yovcheva and Dr Juliet Jain debate WLB in a digital world, and implications for tourism and HR. Free registration [here](#).

Digital Brain Switch

Dr Helen Roby helen.robby@open.ac.uk

Spring, video launch

Two videos will be developed from the cross-disciplinary, multi-university [Digital Brain Switch](#) project, on the implications of digital technologies for the management of work-life boundaries.

Business travel, mobile ICTs and work-life balance

Dr Donald Hislop d.hislop@lboro.ac.uk

13 April, The Wesley London

Exploring how the use of mobile devices by workers undertaking work-related journeys impacts on WLB. Speakers include Prof John Urry, Dr Anne Aguilera, and Prof Glenn Lyons.

A trans-disciplinary approach to building e-resilience

Dr Christine Grant aa9526@coventry.ac.uk

21 April, Birkbeck University of London

The British Psychological Society’s Switched On Culture Research Group will host a conference on ‘e-resilience’ - how technology can impact well-being. Free registration [here](#).

Spring
2016
funding

Beyond Balance

27 June, Savoy Place London

The eight activities above will be brought together at this one-day event showcasing research and innovations in the area of *work-life balance in the digital age*, and

discussing key implications for society. Co-hosted by the Institution of Engineering and Technology at the beautiful Savoy Place. Keynote: Oliver Burkeman, author of the Guardian’s *This Column Will Change Your Life*.

To keep up to date with the Balance Network, including our Spring 2016 announcement for member activity funding, sign up to our monthly bulletin [here](#) or email stephanie.cziczko@anglia.ac.uk

Activities co-organised by: