



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

## Activities and events: autumn/winter 2016

### Smart objects for a healthier office

**Half-day workshop**  
19 October, **Nottingham**

Yitong Huang, from Nottingham University, is inviting stakeholders and researchers interested in workplace health to co-design novel behaviour change interventions which use 'smart', digitally augmented, office objects. She will introduce a range of rough prototyping techniques (e.g. ideation card, sketches, plug-and-play sensors) to facilitate collaborative thinking around the issue. For more information and to attend, contact [Yitong.Huang@nottingham.ac.uk](mailto:Yitong.Huang@nottingham.ac.uk).

### Microboundaries: participatory study

**Individual diary studies & intervention workshops**  
Diary studies: ongoing; workshops: 1, 3 & 5 December, **London**

Marta Cecchinato and Dr Anna Cox of UCL are studying the use of 'microboundaries'. They are looking into how awareness cues (such as read receipts, or 'last seen online') are used by workers to create microboundaries that limit the negative effects of work-life cross-overs (like being interrupted by notifications). Participants in the 2-week diary study (which can be undertaken anytime in October/November) and the December workshops will be reimbursed for their time. For more information and to participate, contact [Marta.Cecchinato.13@ucl.ac.uk](mailto:Marta.Cecchinato.13@ucl.ac.uk).

### Three cafés

**A trio of artistic interventions**  
23 & 28 November, **Cambridge**

Anglia Ruskin University's Marina Velez, Davide Natalini, and Debby Lauder are leading a trio of experimental interventions in cafes around Cambridge. The themed workshops entitled *Refusal of technology*, *Embracing technology* (both 23 Nov) and *Discussion and Co-production* (28 Nov) aim to get you thinking differently and open up discussion - with refreshments! For more information and to attend, contact [Marina.Velez@anglia.ac.uk](mailto:Marina.Velez@anglia.ac.uk).

### ICT skills for social inclusion

**Workshop and policy paper**  
28 November, **Coventry**

Dr Sally-Anne Barnes and Prof Anne Green (University of Warwick) together with Prof Leela Damodaran (Loughborough University) are developing an evidence-based paper focusing on the skills and attributes needed to successfully gain and sustain work via online platforms. A workshop with experts and local/national policymakers will be held as part of this project. For more information and to contribute to the activity, contact [Sally-Anne.Barnes@warwick.ac.uk](mailto:Sally-Anne.Barnes@warwick.ac.uk).

### Work-life balance in the IT profession

**Seminar with the British Computer Society**  
7 December, **Portsmouth**

Dr Penny Hart, Dr Penny Ross and Dr Carl Adams of the University of Portsmouth are part of the international World IT project. The team are analysing the project's extensive survey of IT professionals, which captured cultural and contextual differences across the technology workforce, from a work-life balance perspective. For more information and to attend, contact [Penny.Hart@port.ac.uk](mailto:Penny.Hart@port.ac.uk).

### Conversation pieces

**Two-hour workshop sessions**  
W/c 12 December, **London**

Paulina Yurman, from Goldsmiths College Design Department, will be running short workshop sessions. She will bring along design-led activities and design proposals that interpret tensions and ambivalences brought by the smartphone in families with young children, as it blurs the boundaries between work and play. She will use these proposals to stimulate dialogues about its role in family life. For more information and to attend, contact: [P.Yurman@gold.ac.uk](mailto:P.Yurman@gold.ac.uk)

### Managing technology: design challenges

**Design workshop**  
13 December, **Sheffield**

Dr Luigina Ciolfi and Dr Eleanor Lockley of Sheffield Hallam University are running a series of interviews this autumn, followed by a design workshop featuring a keynote presentation from Professor Susanne Bødker (Aarhus University). At the workshop participants will help create technology concepts to support work and home lives. Following the event, an interest group on work-life technology design will be established. For more information and to attend, contact [L.Ciolfi@shu.ac.uk](mailto:L.Ciolfi@shu.ac.uk).

### Digital scholars in a mobile world

**Symposium exploring work-life balance in academic life**  
14 December, **Hull**

This event, led by Dr Josef Ploner and Dr Anastasia Gouseti of the University of Hull, will gather UK-based early career academics working across higher education research, academic mobility and new/digital technologies in professional contexts. Participants will share current research and work to develop future collaborations. Confirmed speakers include Dr Fabiano Pinatti (Universität Siegen), Dr Jude Fransman (OU), Dr Emily Henderson (University of Warwick) and Prof Gail Kinman (University of Bedfordshire). For more information and to attend, contact [J.Ploner@hull.ac.uk](mailto:J.Ploner@hull.ac.uk).

### Balancing work and military spouse life

**Workshop**  
Late December, **Northamptonshire**

Dr Lisa Wood, of Lancaster University, and Tracy Hauver, of University of Liverpool will lead this workshop exploring socio-digital support for military spouses and families. The hypermobility of this group can help provide insights into new patterns of working and family life. During the workshop, participants will discuss possible digital futures and their priorities for future research. For more information and to attend, contact [L.A.Wood@lancaster.ac.uk](mailto:L.A.Wood@lancaster.ac.uk). Spaces are limited so get in touch early.

### Travel bursaries available!

Travel bursaries are available for the above events - in return for a short summary of your experience and a 'take-home messages' for the Balance Network website. To apply, send your name, position, organisation and amount requested with a brief statement of what you hope to get out of the event to Stephanie.Cziczko 'at' anglia.ac.uk. If your institution is able to provide match-funding, please include details.

For the latest details on all events please visit [balancenetwork.bimserver2.com](http://balancenetwork.bimserver2.com)

Activities co-organised by:

