



BALANCE NETWORK

Exploring work-life balance in the digital age

KEY FACTS

- Network on work-life balance and digital technologies, linking academics, business, policy, media.
- Led out of the Global Sustainability Institute at Anglia Ruskin University (Cambridge, UK).
- Send out a monthly bulletin for members and fund member-led activities.



The Balance Network team: Dr David Kirk (Newcastle University), Dr Rosie Robison (Anglia Ruskin University) and Stephanie Cziczo (Anglia Ruskin University). Not pictured: Joana Rodrigues.

WHO ARE WE?

The Balance Network began in February 2013, funded through a Research Councils UK call on the theme of "Sustainable Society: Achieving work-life balance in a digitally dependent world."

We welcome membership from anyone interested in our core themes of **work-life balance** and **digital technologies**.

We are deliberately interdisciplinary and open in our approach. Our mailing list has grown to over 300 over the past year, including members across 52 UK universities, and 15 international academic institutions, as well as numerous digital businesses, HR organisations and journalists.

Since our beginning, we have supported a wide variety of activities and more than 10 events, including our major "Beyond Balance" conference on the 27th June 2016 in London.

'World IT' San Diego representation

We are delighted to be contributing toward *Dr Penny Hart* and *Dr Penny Ross* from the University of Portsmouth, UK, attending the World IT project meeting in San Diego, August 2016.

We look forward to seeing the development of outputs from your exciting project, as well as the related British Computer Society seminar that Penny Hart, Penny Ross and Carl Adams have planned for later in the year.

How can you get involved?

We welcome anyone interested in our core theme of work-life balance in the digital age, so if you want to join our mailing list, please sign-up on the form brought today. Alternatively you can email stephanie.cziczo@anglia.ac.uk, or sign-up via our website.

We are actively in contact with our members!

Our monthly bulletin includes updates on the network, relevant events, publications and funding opportunities.

Contact Us

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*"It's great to see the network of people that this
EPSRC initiative helped to forge"*

- Founder member
