

Session 6: Reconceptualising work-life boundaries

Dr Helen Roby
Prof Gillian Symon
Dr Petros Chamakiotis
Dr Rebecca Whiting

Outline / Objectives

- Outline
 - The research team and project
 - Introductions in your groups
 - Videos, discussion and reflection
- Objectives
 - To enable reflection on your own work-life boundaries, as well as wider policy implications



Who we are



Dr Helen Roby

Research Fellow and Business
Development Manager
The Open University



Prof Gillian Symon

Professor of Organization Studies
Royal Holloway University of London



Dr Petros Chamakiotis

Lecturer in Information Systems
University of Sussex



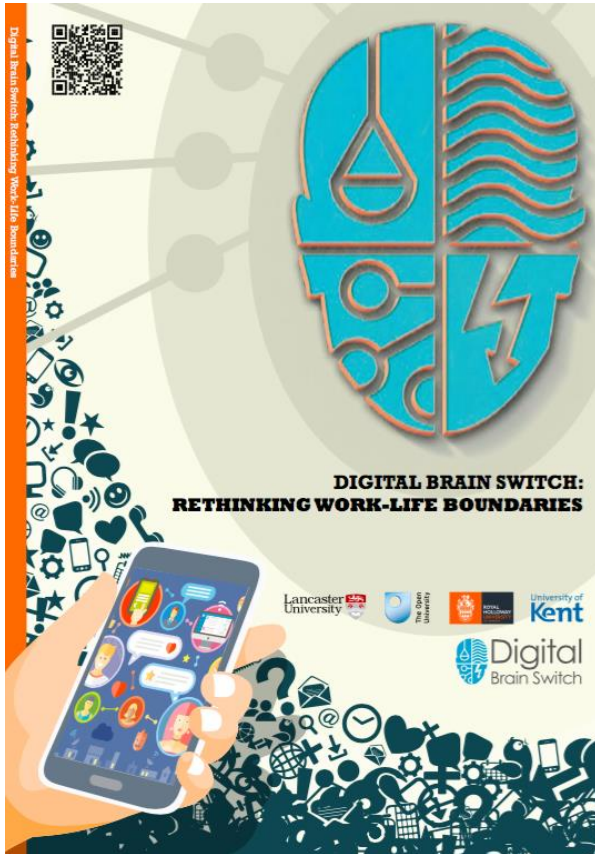
Dr Rebecca Whiting

Lecturer in Organizational Psychology
Birkbeck, University of London

The Project

The Digital Brain Switch:

- Focused on social entrepreneurs, office workers, and university students
- Explored **how technology influences transitions across work-life boundaries**



Help yourself
to a copy of
our brochure!

Work-Life Boundaries in the Digital Age



Three Implications of our Digi Lives



DIGI HOUSEKEEPING

A world map with several yellow person icons placed at various locations. Dashed blue lines connect these icons, representing a global network or digital identity.

DIGI IDENTITIES




A close-up photograph of a person's hands typing on a laptop keyboard, with the keys and the person's fingers visible.

DIGI PRESENCE

Contact

- Dr Helen Roby
The Open University
Helen.Roby@open.ac.uk
- Prof Gillian Symon
Royal Holloway University of London
Gillian.Symon@royalholloway.ac.uk
- Dr Petros Chamakiotis
University of Sussex
P.Chamakiotis@sussex.ac.uk
- Dr Rebecca Whiting
Birkbeck, University of London
R.Whiting@bbk.ac.uk

Website and Social Media

-  <http://digitalbrainswitch.org.uk>
-  [@DigiBrainSwitch](https://twitter.com/DigiBrainSwitch)
-  [Digital Brain Switch](https://www.youtube.com/DigitalBrainSwitch)

Help yourself
to a copy of
our brochure!