

British Psychological Society, Research Seminar Series 2015:

Exploring the ‘always on culture’: implications of technology use across the working life span for well-being, work-life balance and work outcomes

During 2015 Dr Christine Grant, Professor Gail Kinman, Dr Almuth MacDowell, Dr Cristina Quinones and Svenja Schlachter will be hosting a series of seminars funded by the British Psychological Society on information communication technology (ICT) use through the life span and its implications for work-life balance.

The purpose of this seminar series will be to explore and develop an understanding of how people are managing digital usage across the working lifespan, and to what extent they are able to manage boundaries between work and activities in other life domains. Also explored will be the impact of ICT use on psychological and physical well-being, as well as work-related outcomes and other domain-specific issues such as satisfaction with life and work. Particular consideration will be given to exploring the strategies individuals use at different life and career stages to ‘manage’ their ICT use, their preference for work-life integration or separation and the role played by perceptions of control over domain management and other individual differences.

The research to be discussed and synthesised in this seminar series has important implications for individuals at different life stages, organisational functioning and society in general. It will inform approaches to “healthy” working practices relating to ICT use. Given that the nature of work is rapidly changing, with many being increasingly able to work “anytime and anywhere”, employees and employers need more creative, flexible and sustainable strategies to manage work-life balance effectively throughout the life span, and equip individuals with coping skills to do so proactively.

The seminars will include high profile keynote speakers and presentations and discussions of research from a range of relevant disciplines. Please join us on the following dates:

Seminar One: 27th March, Open University, Milton Keynes

How can psychological theory inform ‘healthy’ working practices?

Keynote: Professor Mark Griffiths, University of Nottingham: an expert on addiction in technology usage

Seminar Two: 15th May, Birkbeck, University of London, Bloomsbury

The impact of technology across the life span and its impact on boundary management.

Keynote: Professor Ellen Kossek, Purdue University, Indiana, USA. Author of the best-selling book “The CEO of Me”

Seminar Three: 7th July, University of Bedfordshire, Luton

The way forward, how to develop effective policy, best practice and guidance on technology use across the working life span.

Speakers: to be announced

For further information contact: christine.grant@coventry.ac.uk, A.McDowall@bbk.ac.uk Gail.Kinman@beds.ac.uk. Note each seminar may be booked separately, spaces are limited and will be allocated on first come first served basis.