Work-Life Balance Working Group

Our purpose

Work-life balance is an issue that concerns us all.
We aim to ensure that evidence-based research and strategies for managing the work/non-work interface in a healthy and sustainable manner are promoted widely for the benefit of all.

The working group was founded in 2009 by Dr Almuth McDowall and Professor Gail Kinman and has 18 core members from different fields within research and practice.

What we do for you

Work-life balance is a fundamental part of 21st Century Occupational Psychology. We promote a triple agenda for the benefit of employers, individuals and wider society.

We aim to ensure that work-life balance is a core element of organisational practice, facilitated by state-of-the-art evidence and underpinned by sensitivity to diversity.

We bring together experts in the field to debate relevant topics, further research and practice, and disseminate best practice to all stakeholders to ensure linkage between academia and practice.

Outputs and events: Some examples

- 2015: What about Fathers event to coincide with national work-life week.
- 2015/16: Exploring the ‘Always-on Culture’ Implications of technology use across the working lifespan. BPS Funded Seminars
- 2014: Invited seminar on work-life balance at the EA-OHP Conference.
- 2013: Published a series of factsheets.
- 2012: Postgraduate group conference.
- 2011: Conference on diversity and difference in work-life balance.
- Ongoing: strong links with the International Work-Family Researchers’ network to ensure a global perspective, while also putting the UK firmly on the WLB map.

Future plans

- April 2016: Building e-resilience: Managing technology across the lifespan (Switched on Culture Research Group Conference - Funded by Balance Network.
...and much, much more!

Core members:
Deirdre Anderson
Alexandra Beauregard
Rob Briner
Christine Grant
Sue Lewis
Clare Lyonette
Anna Meller
Julliane Miles

Get involved! Contact dopvolunteers@bps.org.uk