

**Digital Transformation  
for Work-Life Boundary  
Management**

**Anna Cox  
University College  
London**







Are we all fitter, happier and more productive?



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- 347 survey participants
- challenges for people in managing digital self-control, maintaining productivity and work-life balance that surfaced during the COVID-19 crisis

Rudnicka, A., Newbold, J. W., Cook, D., Cecchinato, M. E., Gould, S., & Cox, A. L. (2020). Eworklife: Developing effective strategies for remote working during the COVID-19 pandemic. In *Eworklife: developing effective strategies for remote working during the COVID-19 pandemic*. The new future of work online symposium

Fleck et al (2015)  
Balancing  
Boundaries: Using  
Multiple Devices to  
Manage Work-Life  
Balance. CHI2015

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Cecchinato, Cox & Bird  
(2015) Working 9-5?  
Professional Differences  
in Email and Boundary  
Management Practices.  
CHI2015

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# KNOWLEDGE WORKERS

- Increased boundary control
- Reduced number of work interruptions during non-work
- Reduced stress

Cecchinato, M. E. (2018). Communicating in a multi-role, multi-device, multi-channel world: how knowledge workers manage work-home boundaries (Doctoral dissertation, UCL (University College London))



# Junior Doctors

Rich Aly, Cecchinato, Lascau, Baker, Viney, Cox (2020) Evaluation of a novel intervention to reduce burnout in doctors-in-training using self-care and digital wellbeing strategies: A mixed-methods pilot. BMC Medical Education



Funded by UCL Grand Challenges

About

Take part



## The Problem

Doctors' well-being has been shown to affect patient care, adherence and interpersonal aspects of care. High levels of emotional exhaustion and burnout are significant amongst doctors.

[Read more](#)



## Get involved

We would like to invite you to take part in our **workshop**. We will explore where digital interventions could support work-life balance issues and explore the concept of 'resilience'.

[Learn more](#)



## Take control

Access materials on how to manage your work-life balance.

# Remote workers during covid19 lockdown

Newbold, Rudnicka, Cook, Cecchinato, Gould, Cox (2021) The new normals of work: a framework for understanding responses to disruptions created by new futures of work. Human-Computer Interaction Journal

<https://www.eworkresearch.org>

## Home



The eWorkResearch group is an interdisciplinary team of experts researching the use of digital technology in work and wellbeing. Established by Professor Anna L Cox, the team includes researchers based in the UCL Interaction Centre at UCL and collaborates with colleagues at Cardiff University, Northumbria University, University of York, Trinity College Dublin, UC Irvine, and the University of Melbourne.

### eWork Radio

Try our app to see whether music can help you focus on work and take regular microbreaks. All you have to do to take part is register to use the app and use it while working, for as long as you wish. Read about how we developed the app and our FAQ. Click the button below.

Register to use the eWork Radio app

### Advice for hybrid workers

Building on a decade of our research into how to best manage our digital devices to support both the work and non-work parts of our lives, we provide you with FREE evidence-based strategies to support hybrid working. Complete our questionnaire and we'll suggest some strategies to help you stay productive while balancing working from the office and from home with other parts of your life. Click the button below.

Complete this questionnaire to get personalised advice about how to use your devices to maintain work-life balance whilst hybrid working

## Tweets by @eWorkResearch

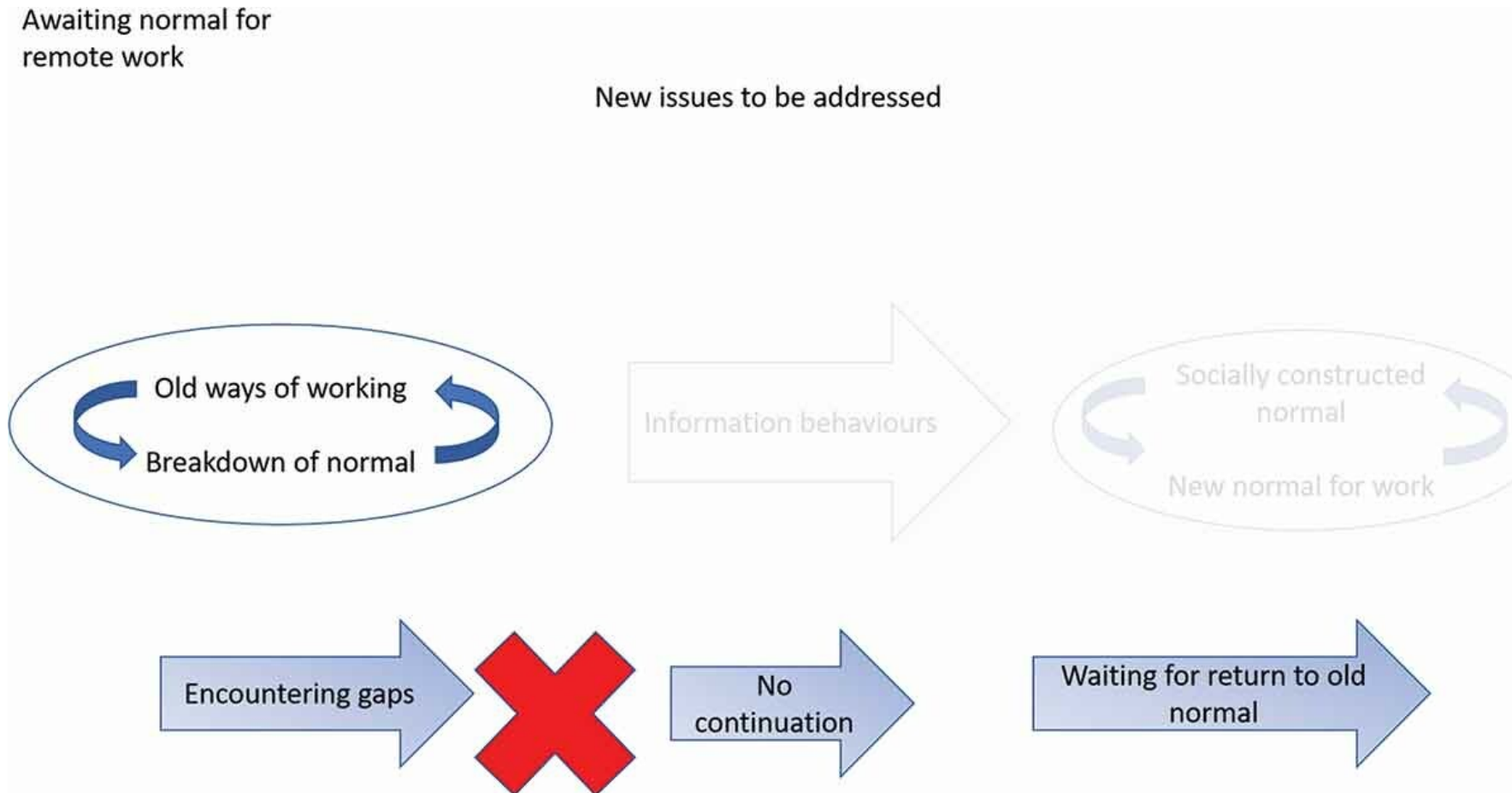
eWorkResearch Retweeted  
Susanne Boll @SusanneCJBoll  
@CHIWORKsymp 2023 annual symposium is coming to Oldenburg. Happy to be chairing next year's CHIWORK together with @AnnaCox\_ taking over after an exciting hybrid event this year organized by @andrewkun and @oshaer in New Hampshire.

Looking forward to meeting you all in Oldenburg  
**CHI WORK 2023**  
9 Jun 2022

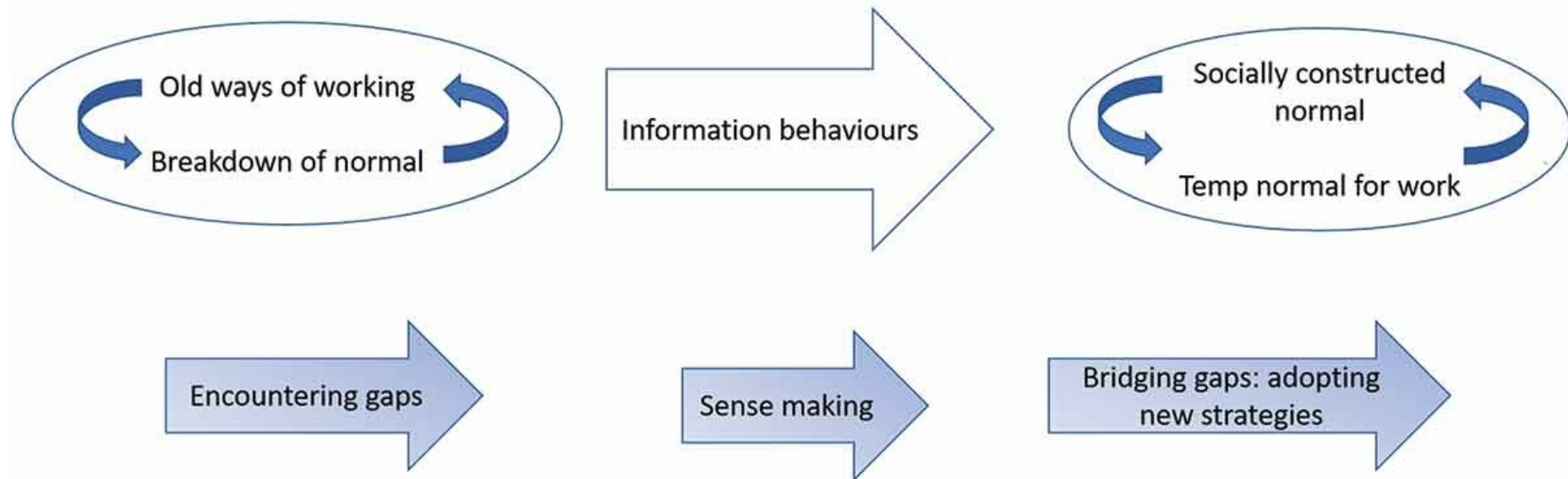
eWorkResearch Retweeted  
Max L. Wilson @gingdotwit  
Replying to @gingdotwit and 4 others #chiwork23 will be at Oldenburg in Germany! @SusanneCJBoll invites you all to the conference. She will be co-chairing with @AnnaCox\_. It will be mid june again (exact dates TBC) at the Oldenburg Institute for IT OFFIS.

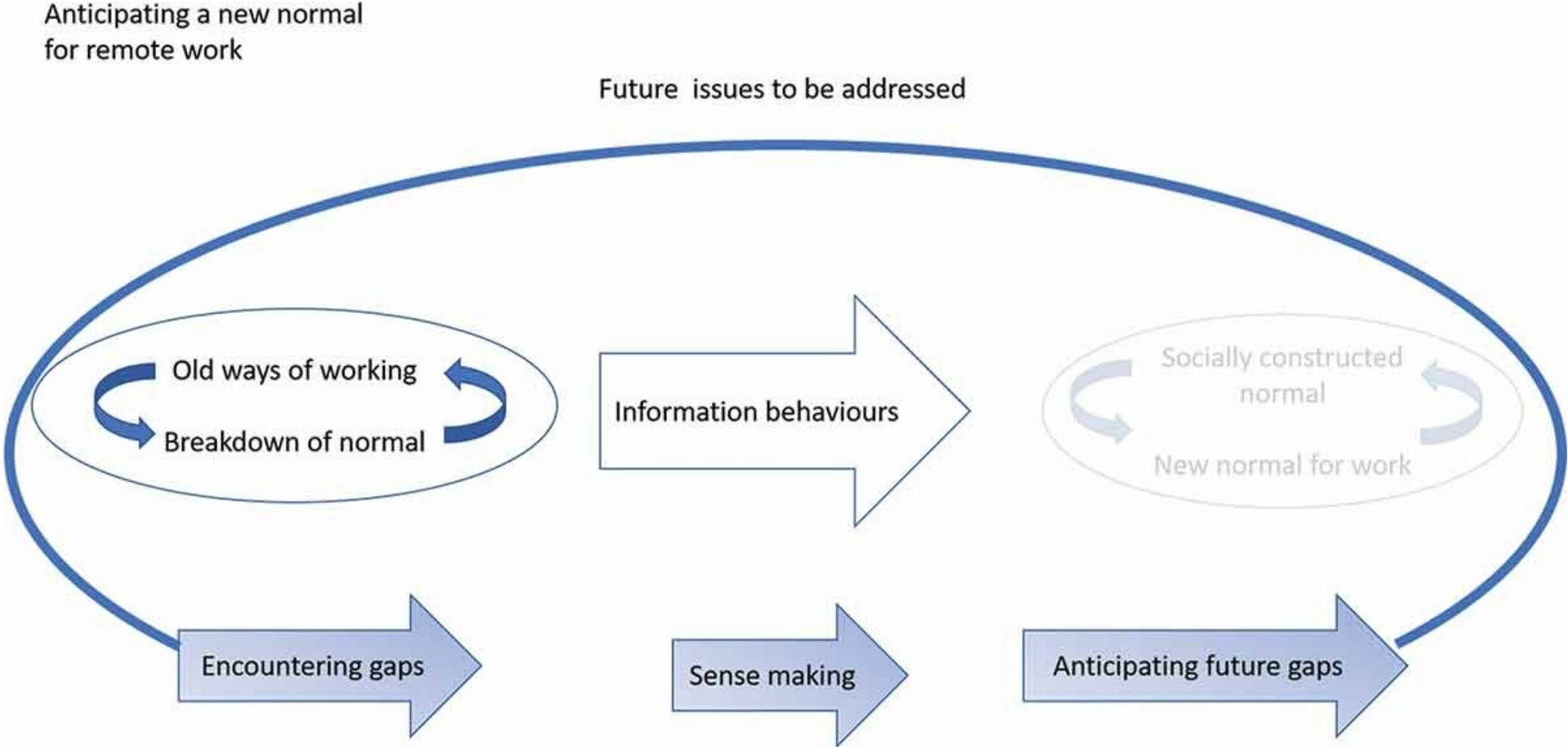
Oldenburg welcomes **CHI WORK** in 2023  
9 Jun 2022

eWorkResearch Retweeted



Seeking a new normal for remote work





# The new digital future of work

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### Tweets from @eWorkResearch

 eWorkResearch Retweeted  
 **Susanne Boll** @Susa... · Jun 9 

[@CHIWORKsymp](#) 2023 annual symposium is coming to Oldenburg. Happy to be chairing next year's CHIWORK together with [@AnnaCox\\_](#) taking over after an exciting hybrid event this year organized by [@andrewkun](#) and [@oshaer](#) in New Hampshire.

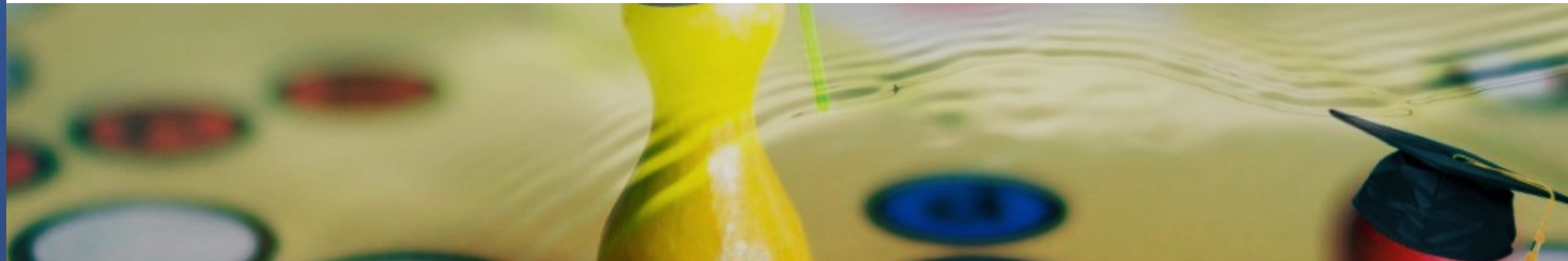
### Looking forward to meeting you all in Oldenburg

**Chi WORK 2023** 

Andrew Kun and 2 others



Digital work-life Boundaries for when you're working from home with Anna Cox



## Anna Cox on family, work & strategies for making the changes we want

March 06, 2017



CAL16 Anna Cox

Download



Anna Cox is a Reader and Deputy Director at the UCL Interaction Centre (UCLIC). Anna shares her early career experiences, the challenge of lecturing a large class, and how she and her partner created flexible work practices to manage family and work. She also talks about the research studies she and her students have been doing on 'work life balance', including the ways in which people are different, and strategies such as creating microboundaries and frictions to help us take more control of our work.

Thank you for  
your attention

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