Section 1: Work and Life in the Real World

How to think about a post-balance world (Article)

Carol Bartz discusses how she handled the myth of work-life balance (Video)

It’s not just policies. Office culture must change (Article)

The problem may be long hours more than work-family conflict (Article)

Managing work and life is an increasingly global problem (Report)

We know flexibility works, the challenge is execution (Article)

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How to understand and request flexibility at work (Report)
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A few pointers to manage career success and a positive personal life (Article).

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How to handle requests for flex (Report)
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The importance of trust (Article)

Section 3: Work-Life Effectiveness Barriers and Solutions

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Overview of apps and free technology to manage your work and teams on the go (Article)

Solutions to some of the challenges of working remotely (Article)

Flexibility is already commonplace (Infographic)

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Flex practices from numerous companies (Article)

Overview of one company with very robust flexibility policies (Website)
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Great overview of implementing flexibility in hourly wage positions (Report)

Measures for managing performance; trust and the responsibility for making it work should be shared between managers and staff (Video)

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**Section 4: Pulling It All Together**

Research behind the flexibility stigma (Article)

Don’t become addicted to busy-ness (Article)

The Energy Project’s tips and solutions for individuals (Website)

Research about dual-centric workers (Report)

Work-life integration (Video)

Managing your life outside of work (Article)

Research supports benefits of flex work (Article)

Five simple tips to reduce the distraction and temptation of checking email all the time (Article)
Lily Herman, “How to Actually Stop Checking Your Email All the Time,” *The Muse*.

Is guilt a part of flexible working? (Article)
Transform the way you respond to work stress and cultivate resilience (Article)

The impact of round-the-clock work (Article)

Making the most of your time (Article)

Tips on setting boundaries on work communication to reduce personal stress (Article)

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