



SNS COLLEGE OF TECHNOLOGY

Coimbatore - 35



23BAE715 – Workplace Modernization and Advancement

Unit IV – Technology & its impact on work-life balance



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Redesigning Common Mind & Business Towards Excellence

		
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Build an Entrepreneurial Mindset Through Our Design Thinking FrameWork



Guess the Topic!!!

TECHNOLOGY & ITS IMPACT ON WORK- LIFE BALANCE





Discussion about...

- Introduction to technology & its work-life balance
- Impact on work-life balance
- Advantage of technology & work-life balance
- Disadvantage of technology & work-life balance
- Challenges of technology & work-life balance
- Strategies for achieving work-life balance





Introduction to Technology & its impact on work-life balance

The constant connectivity that technology provides can blur the lines between work and personal life, leading to longer work hours and increased stress levels. It can be difficult to disconnect from work when emails and messages are always accessible on our smartphones, laptops, and other devices.





Impact on work-life balance

A poor work-life balance can lead to a variety of symptoms that can affect our wellbeing. This ranges from the flu to serious health conditions like strokes and respiratory problems.





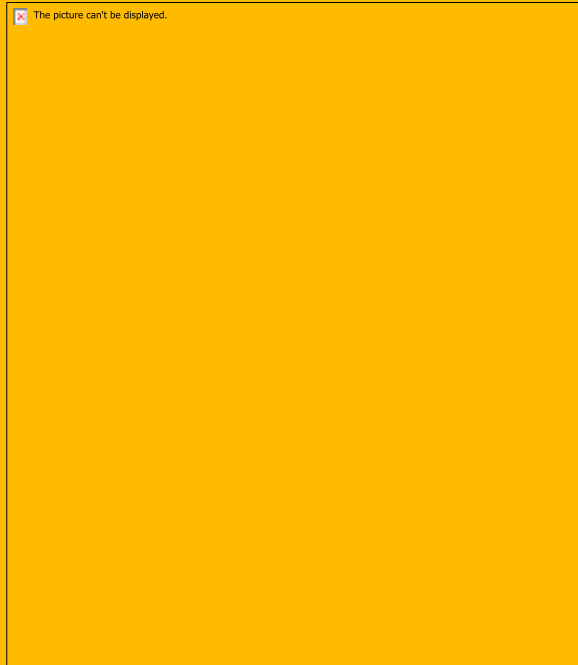
Advantage of technology & work-life balance

The Benefits of Achieving Work-Life Balance

- 01 Improved Health and Well-being
- 02 Increased Productivity
- 03 Better Relationships
- 04 Reduced Burnout
- 05 Increased Creativity



Disadvantage of technology & work-life balance





Challenges of technology & work-life balance





Strategies for achieving work-life balance





Summary

- Introduction to technology & its work-life balance
- Impact on work-life balance
- Advantage of technology & work-life balance
- Disadvantage of technology & work-life balance
- Challenges of technology & work-life balance
- Strategies for achieving work-life balance





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Thanks!

