



## Certificate of Achievement

# Angelika Savitskaya

has completed the following course:

### WORK-LIFE BALANCE AND THE IMPACT OF REMOTE WORKING COVENTRY UNIVERSITY

This online course explored the history and outcomes of a work-life balance in employed individuals, as working individuals often find themselves juggling between their work and social lives, aiming for the ever-elusive work-life balance.

2 weeks, 3 hours per week



**Maria Charalampous**

Lecturer in Business and Occupational Psychology  
Coventry University



The person named on this certificate has completed the activities in the attached transcript. For more information about Certificates of Achievement and the effort required to become eligible, visit [futurelearn.com/proof-of-learning/certificate-of-achievement](https://futurelearn.com/proof-of-learning/certificate-of-achievement).

This learner has not verified their identity. The certificate and transcript do not imply the award of credit or the conferment of a qualification from Coventry University.

## Angelika Savitskaya

has completed the following course:

### **WORK-LIFE BALANCE AND THE IMPACT OF REMOTE WORKING COVENTRY UNIVERSITY**

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This course focused on the context in which work-life balance has grown, comparing the key theories of work-life conflict, work-life integration and enrichment, and boundary management. The course also investigated the future of work, evaluating how technology allows individuals to work more flexibly, but in the meantime risking less time to switch off and recover from work. We also discussed flexible working practices as a means to enhance work-life balance.

#### **STUDY REQUIREMENT**

2 weeks, 3 hours per week

#### **LEARNING OUTCOMES**

- Develop a broad understanding of the context in which work-life balance has grown
- Explain your understanding of both the academic and business-related definitions and issues surrounding the study of work-life balance
- Discuss and compare the key theories underpinning theoretical studies of work-life balance: work-life balance, conflict and enrichment
- Identify the future of work: working anywhere at any given time, using technology
- Evaluate how technology is affecting individuals' switching-off and recovery from work
- Describe how the concept of work-life balance is related to issues caused by remote e-working
- Discuss flexible working practices as a means to enhance work-life balance

#### **SYLLABUS**

- Work-life balance

- What are the key antecedents of work-life balance?
- What are the key outcomes of a work-life balance?
- What are the organisational, supervisory and individual issues?
- What can be done at both individual and organisational levels?
- Links between work-life balance and remote e-working
- Use of flexible working arrangements by organisations as a means to enhance work-life balance
- Relevant laws and legislation that organisations should consider