



HR Trends



Special Edition Series of

Coffee Break with Game-Changers

with your host **Bonnie D. Graham**

Presented by 

HR Trends with Game Changers, Presented by SAP

Monday at 10 AM Pacific

October 06th 2014: **Work-Life Balance: What's Your Flexstyle?**

The buzz: Work-life what? The term 'work-life balance' has become a cliché for a frustrating goal that few of us in the workforce ever reach, or reach very often. With boundaries between work and family more blurred than ever, stress, job burnout, and competition for our time all take a toll on our work productivity and our health. Take heart. Now there's flexstyle, a more nuanced way of finding balance that reflects individual working styles. Is flexstyle the right fit for you and your employer? The experts speak. Brenda A. Lautsch, Simon Fraser University; "Flexibility isn't the answer"

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Featured Guests



Brenda A. Lautsch

Brenda A. Lautsch, B.Admin, M.I.R., Ph.D., is an Associate Professor of Management and Organization Studies in the Beedie School of Business at Simon Fraser University. Her recent book that helps individuals understand how to manage work-life challenges and flexibility is *CEO of Me: Creating a Life That Works in the Flexible Job Age* (Kossek and Lautsch, 2008 Wharton School Publishing). Dr. Lautsch holds a Ph.D. in Industrial Relations and Human Resource Management from the MIT Sloan School of Management, and a Masters in Industrial Relations from Queen's University. She teaches and conducts research on new work arrangements, negotiation and alternative dispute resolution, work-life balance

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Ellen Ernst Kossek, Ph.D.

Ellen Ernst Kossek, Ph.D., is Basil S. Turner Professor of Management at Purdue University's Krannert School of Management & Research Director of the Susan Bulkeley Butler Center for Leadership Excellence. She is President of the Work and Family Researchers Network and Associate Director of the Center for Work-Family Stress, Safety & Health of the Work Family Health Network. Elected a Fellow in the American Psychological Association & the Society of Industrial and Organizational Psychology, to the Academy of Management's Board of Governors, and Chair of the Gender and Diversity Division, Dr. Kossek's research has won awards for advancing gender, work-life and diversity in organizations, mo

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Karie Willyerd

Karie Willyerd is the Workplace Futurist in the HR line of business for the SAP Cloud. Prior to that she was the cofounder and CEO of Jambok, a video social collaboration platform acquired by SuccessFactors in 2011 and now part of the SAP Jam platform. While Karie was the Chief Learning Officer for Sun Microsystems, she and her team won over 50 awards for learning excellence, including being named by ASTD as the #1 BEST in the world. She is the coauthor of the bestseller, *The 2020 Workplace* and has written dozens of articles, including a feature in *Harvard Business Review* on Mentoring Millennials. She blogs for *Harvard Business* and *Forbes*, and is an advisor to the business school at Color

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