



Invitation to Attend the CSLS Seminar Series on Living Standards

Work-Life Balance in Canada: New Findings

Linda Duxbury

3:00-4:30 PM

Wednesday, December 5, 2012

Karsh Room, Rideau Club

99 Bank Street, 15th floor

Ottawa, Ontario

To attend, please RSVP by December 3 to andrew.sharpe@csls.ca.

In recent years there has been a global movement from a GDP-based metric of economic performance and social progress to well-being-based metrics. It is widely recognized that a crucial element of societal and individual well-being is appropriate work-life balance. Consequently, it is becoming increasingly important to measure the current state of work-life balance in Canada and trends over time.

On October 25, 2012 Linda Duxbury and Christopher Higgins, pioneers in the measurement of work-life balance in Canada, released their third major study in this area (previous studies were released in 1991 and 2001) entitled "Revisiting Work-Life Issues in Canada: The 2012 National Study on Balancing Work and Caregiving in Canada." The study examined the work-life experiences of 25,000 Canadians who were employed full time in 71 public, private and not-for-profit organizations across all provinces and territories. It found that work demands and stress levels have risen, flexible work arrangements are rare, and life satisfaction has gone down.

In the seminar Linda will outline the methodology used for the survey, highlight the major findings of the report, and discuss the implications for public policy.

Linda Duxbury is a Professor in the Sprott School of Business at Carleton University. Her research has focused on work/family balance in both public and private sectors, small business, and technology companies. During the course of this research, over 100,000 Canadians were surveyed or interviewed, making it one of the largest research studies of its kind. She has influenced government policy-making and significantly advanced the practices and attitudes toward work-life balance. She holds a PhD in Management Sciences from the University of Waterloo.