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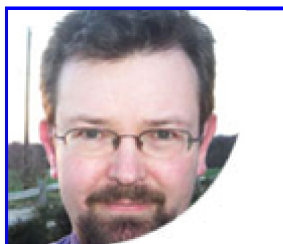
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- [BT products](#)
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- [Email](#)
- [Help and support](#)
-

You are here: [Homepage](#) > [Weblog](#) > [Archive](#) > [Email and communications](#) > Work-life balance: can technology help you to achieve this?

Work-life balance: can technology help you to achieve this? **Work-life balance: can technology help you to achieve this?**

Posted 6 March 2008 at 2:01PM by [Graham Jarvis](#) in [Email and communications](#)



Is your life dominated by work? It's time perhaps to create a better work-life balance. Just think how much more you could be achieving in both your professional and personal life. Let's discuss what can be achieved. IT can help you, widening the lifestyle choices of yourself and your staff. What are your tips, and what's your story?

People that once felt unable to work, with flexible working supported by Unified Communications, can now achieve more. Hasn't the impossible become that more possible? It's tough world, so how can we make it easier and a happier life for everyone, increasing productivity and organisation performance?

[Read on](#) to discover the work-life balance benchmark.

Tags: [bt](#), [bt tradespace communities](#), [home working](#), [mobile working](#), [unified communications](#), [work life balance](#)

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Comments

1. At March 6, 2008 2:56 PM, ALAN LANDALE wrote:

i think any information about your products will be a great help

2. At March 6, 2008 3:28 PM, Carl wrote:

The best work-life balance benchmark for me would be 25% work 75% life. The stuff

dreams are made of. Still and important read though. Thanks for the post.

3. At March 6, 2008 11:22 PM, [james](#) wrote:

I enjoy working - I work from home between 10am to midnight or even later. Breaks are taken when necessary but order patterns differ on different days of the week. Our most busy time is between 7 pm to midnight on a Sunday - Unfortunately BT often use this time for maintenance which is a pain in the backside.

We even took orders on Christmas day between 3pm and midnight - People spending Christmas present money buying what they wanted.

I sell 100% on the internet and work whenever necessary 7 days a week. Orders come in via the internet or by email and I aim to answer email orders ASAP. If we do not answer emails within 2 hours we lose orders. We also have a BT answer service which is a great help. So if we pop out we can catch up.

You need to be flexible in this day and age and use all the technologies available.

I first started using computer communication systems way back in 1972 using a keyboard & telephone modem in my office in Basingstoke with a mainframe in Birmingham.

So keep using the new technological advances before somebody else beats you to it.

YES - Try to keep one step ahead of the competition.

James

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