**Library of Experience: Case Study Template**

Background

The Covid19 pandemic and the accelerated switch to remote work has proven disproportionately difficult for working people and especially women, given the need to balance the new pressures of digitally-intense working days (and often precarious employment) with other family, domestic and caring responsibilities. The result is a greater risk of professional burnout and ongoing personal stress. To motivate and empower workers and women in particular, the BALANCE project expects to give them higher control of their digital wellbeing and to offer them support to become more digitally balance.

Apart from this situation, more recent events at geo-political level have added unexpected challenges of resilience that affect mental health and increase stress levels of individuals working from home. The mental wellbeing of remote workers is at stake.

Target participants

The main target participants are individuals who have been working in a remote setting since the beginning of the pandemic, in March 2020. They could be:

* Workers
* Learners
* HEI academics and Adult educators
* Managers or workplace leaders
* Digital wellbeing experts

The experiences we want to capture are those from individuals who had never worked in a remote format and in March 2020 had to adapt to this situation. It will be specially interesting to interview individuals who do not live alone and are responsible from other members of the family (i.e., children, older people, ill relatives to take care of, etc).

Since women are normally more affected by bearing the brunt of the “invisible” work within the home, the target participants are likely to be women. However, there might be men in similar situations and cannot be discarded for this study.

Objective of case studies collection

BALANCE aims to create a **Library of Experience** constituting a **collaborative online space for women** affected by the pandemic, where they can share their stories and needs, and create an environment of support and encouragement. The library will help women learning from other women in similar situations and understanding the nuances of taking responsibility from one’s **work-life balance and digital wellbeing**. Further than being a resource useful for women, the Library will be useful for all those people who need to find a better balance between their work and personal responsibilities.

**Case study**

**Author’s details**

|  |  |
| --- | --- |
| **Name** |  |
| **Surname** |  |
| **Gender** | Female  Male |
| **Organisation (information optional)** |  |
| **Professional and personal situation** | Worker who works in a remote setting as a results of the pandemic and had to balance their work and family responsibilities  Worker who had been working remotely long before the pandemic and can bring their insights on how to deal with the balance between work and personal life  Learner who is participating in continuing education, either exclusively or alongside their work  Academic or Adult educator  Workplace leader, supervisor or staff supporting remote workers  Digital well-being experts |
| **Country** |  |
| **Email** |  |
| **Telephone** |  |
| **How you wish to collaborate with us** | Provision of written case (this template)  Provision of written case and availability of video interview |
| **Language of interview (if applicable)** | ENGLISH  ESTONIAN  FINNISH  GREEK |

**Case Description**

1. How has your life changed due to the Covid19 pandemic? What were the positive and negative aspects?

2. How have you been affected by the Covid19 pandemic in relation to your **work-life balance and digital wellbeing**?

3. Have you received any support (e.g., from your workplace leaders) to improve the state of your work-life balance and digital wellbeing?

1. Which lessons have you learnt that have helped you improve your work-life balance and digital wellbeing?