

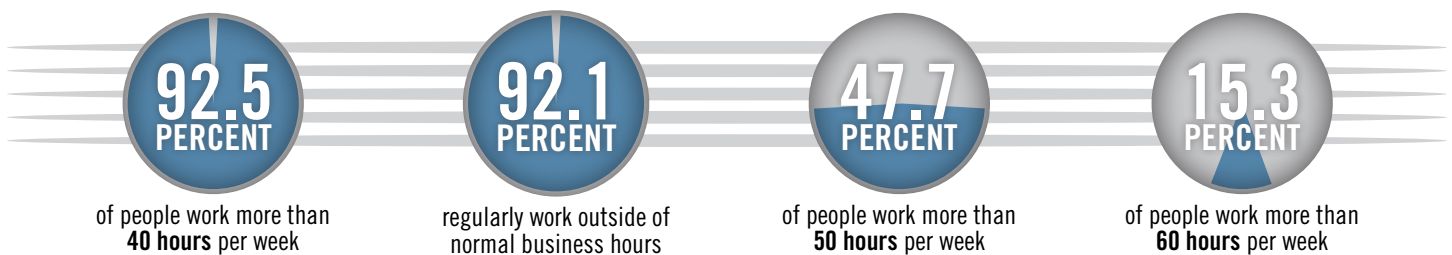
# Are You a Workaholic?

There is no denying that technology has changed how we do business. We can stay connected to our colleagues 24 hours a day from virtually anywhere in the world, and access to limitless amounts of information is at the touch of our fingers.

On the one hand, this increased connectivity allows us to move faster, be more productive, and work harder than ever before. On the other hand, it makes for a long workday.

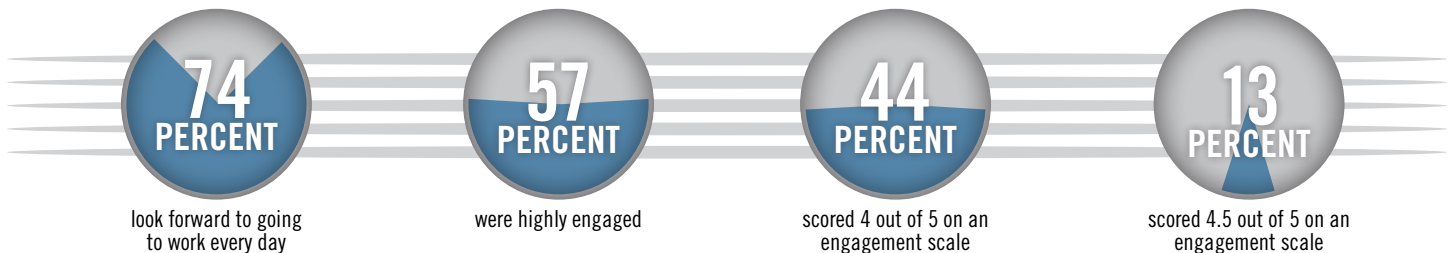
But how much is too much? In a survey of more than 600 people in multiple jobs and industries across more than 50 countries, Hogan found that:

## The 40-hour workweek is dead:



## Our respondents were unusually engaged:

“Engagement refers to how employees perceive their jobs and employers,” said Hogan President Dr. Robert Hogan. “It is the opposite of alienation. When employees are engaged, they like their jobs, they work hard at their jobs, they take initiative, and they show loyalty.”



## Highly engaged respondents were more likely to:

- Talk to friends and family about work more than once per day
- Believe that they enjoy their job more than their friends and family
- Work more than 50 hours a week
- Work outside of business hours because they want to

“How people react to constant availability depends on how engaged they are,” Hogan said. “The more engaged an employee, the more he or she will be willing to bring work into their family/home life.”

