

Poll conducted by Research Co. on Work in British Columbia - April 30, 2019

There have been many discussions over the past few years about people having a work-life balance, which means placing priorities on “work” (career) and “lifestyle” (including health, leisure, family and spirituality). All things considered, which of the following statements comes closest to describing your own current work-life balance?



	Employed in British Columbia	GENDER		AGE			REGION				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Southern BC	Northern BC	Vancouver Island
Work is definitely taking precedence over lifestyle	23%	23%	24%	27%	23%	16%	23%	26%	30%	26%	13%
Work is probably taking precedence over lifestyle	30%	32%	27%	29%	32%	27%	31%	24%	28%	22%	31%
My balance between work and lifestyle is perfect	33%	32%	34%	33%	31%	36%	33%	29%	23%	43%	41%
Lifestyle is probably taking precedence over work	9%	10%	7%	7%	8%	13%	8%	12%	9%	9%	9%
Lifestyle is definitely taking precedence over work	3%	2%	3%	1%	3%	4%	2%	6%	4%	0%	4%
Not sure	3%	2%	5%	3%	3%	4%	3%	3%	6%	0%	2%

Over the course of the past six months, have any of the following happened to you?



	Employed in British Columbia	GENDER		AGE			REGION				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Southern BC	Northern BC	Vancouver Island
Had to stay late at work	47%	46%	47%	52%	47%	36%	43%	50%	51%	57%	56%
Missed a "lifestyle" engagement (like a family gathering or leisure activity) because of work	29%	27%	31%	34%	31%	13%	28%	26%	36%	39%	22%
Had to reply to a work-related e-mail while I was with family/friends	28%	26%	29%	31%	29%	18%	27%	26%	36%	39%	22%
Had to take a work-related call on the cell phone while I was with family/friends	25%	24%	25%	26%	27%	19%	23%	18%	34%	48%	24%
Had to work from home on a weekend	24%	26%	22%	26%	27%	15%	25%	24%	23%	22%	20%
Had to work from home at night	21%	22%	19%	20%	24%	15%	19%	26%	23%	30%	20%
None of these	26%	25%	27%	15%	26%	44%	27%	26%	15%	9%	31%

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All things considered, would you say your work has put a strain on your relationships with family and friends?



	Employed in British Columbia	GENDER		AGE			REGION				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Southern BC	Northern BC	Vancouver Island
Definitely has	10%	8%	11%	11%	9%	9%	9%	12%	9%	22%	6%
Probably has	32%	35%	28%	37%	34%	18%	31%	24%	42%	39%	31%
Probably has not	26%	28%	24%	24%	28%	23%	29%	21%	19%	17%	19%
Definitely has not	27%	23%	31%	22%	24%	43%	24%	38%	25%	22%	39%
Not sure	6%	6%	6%	6%	5%	6%	6%	6%	6%	0%	6%

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Looking back to how your own parents lived, do you think it is easier, roughly the same or harder now to achieve a work-life balance?



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		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Southern BC	Northern BC	Vancouver Island
Easier	19%	22%	15%	19%	17%	24%	18%	29%	17%	22%	19%
Roughly the same	36%	38%	32%	38%	38%	26%	36%	26%	38%	39%	31%
Harder	41%	38%	45%	38%	42%	45%	41%	44%	42%	35%	43%
Not sure	5%	2%	7%	5%	4%	5%	5%	0%	4%	4%	7%