

New Research: Majority Of Canadian Tech Leaders Confident They Can Disconnect From Emails, Employees Less Convinced

- *58% of technology leaders say they could adhere to an email ban, but 43% of workers don't think their current manager would stick to it.*
- *Nearly half of workers would be tempted to check their inbox after hours*

TORONTO, Feb. 26, 2019 /CNW/ - With recent legislation in some countries offering a "right to disconnect," and the federal government in Canada examining similar changes to labour standards, Robert Half Technology surveyed IT leaders and office workers to see if they could ignore their inboxes after hours. More than half (58 per cent) of technology leaders believe they could adhere to a ban on after-hours work emails, but 43 per cent of workers don't think their manager would follow the rule. In addition, nearly half (48 per cent) of workers said they would still be tempted to check emails after work.

"When we're in constant communication with our colleagues, it can be difficult to carve out much needed time to rest and reset between workdays," said Deborah Bottineau, district director for Robert Half Technology. "While some contact may be unavoidable, frequently responding to requests or emails after-hours can be a recipe for burnout, resulting in less productive, creative and engaged employees. Managers should encourage their staff to set defined 'off-hours' in order to recharge – and lead the way by doing the same."

About the Research

The online survey was developed by Robert Half Technology and conducted by a leading independent research firm. The report is based on responses from more than 270 IT decision makers in Canada. All IT respondents were screened to have hiring authority for the information systems or information technology department of a company.

About Robert Half Technology

With more than 100 locations worldwide, Robert Half Technology is a leading provider of technology professionals for initiatives ranging from web development and multiplatform systems integration to network security and technical support. Robert Half Technology offers online job search services at roberthalf.ca/technology. Visitors can also request a copy of the [Robert Half Technology 2019 Salary Guide](#).

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For further information: Natasha Ferraro, 647-956-5575, natasha.ferraro@roberthalf.com

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