# Who’s the boss, you or your gadget?

**By Mickey Meece, New York Times**

Given the widespread adoption of smartphones, text messaging, video calling and social media, today’s professionals mean it when they brag about staying connected to work 24/7.



Technology allowed Karen Riley-Grant, a manager at Levi Strauss in San Francisco, to take care of some business with her New York publicist while she was in labor in the hospital last November. “I had time on my hands,” she says, and “full strength on my phone – five bars.”

It once enabled Craig Wilson, an executive at Avaya in Toronto, to take his children to a Linkin Park concert and be able to duck out to finish a task for a client in Australia, he says, “without disruption to my family commitment or my work commitment.”

And it recently gave Perry Blacher, chief executive of the social investing firm Covestor, a way to participate in a board teleconference while attending a christening celebration at a pub in England.

But all of this amped-up productivity comes with a growing sense of unease. Too often, people find themselves with little time to concentrate and reflect on their work. Or to be truly present with their friends and family.

There’s a palpable sense “that home has invaded work and work has invaded home and the boundary is likely never to be restored,” says Lee Rainie, director of the Pew Research Center’s Internet and American Life Project. “The new

gadgetry," he adds, "has really put this issue into much clearer focus."

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