

Join us for a one hour interactive session to learn more about the tools needed to improve work-life satisfaction!

Speaking Topic



Secrets to a More Positive Work-Life Negotiation

“Work-life balance” is an overused fallacy. Struggling with the push and pull of work and personal lives, employees are trying to attain the unattainable. However, the solution may be more simple than we think: By shifting their mindset from work-life balance to work-life negotiation, employees can adopt the tools needed to positively impact their work and life and create an actionable plan to increase work-life satisfaction and help employer’s with employee retention.

As Seen In...



Chris Mullen

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A thought leader on performance, development, and talent strategies, Dr. Chris Mullen is director of the strategic HR advisory group at Kronos, a global leader in workforce cloud solutions.

With 15 years of experience as an HR practitioner focused on maximizing engagement, Mullen helps organizations inspire their own workforce by optimizing technology and refreshing outdated processes with people-centric solutions to enhance the employee experience and drive better business outcomes.

Mullen holds a Ph.D. from the University of Northern Colorado, where he focused on the impact of mobile technology on work-life balance, as well as a master’s degree with a concentration in Human Resources from West Chester University of Pennsylvania.

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