

Working life as we know it could be about to change

MOBILE phones and the internet are making traditional working habits outdated, according to a new book by a respected employment expert, writes Russell Stoddart.

The future will involve multi-jobbing, networking and harnessing new technologies to enable us to dovetail work and pleasure.

Employment is changing, with fewer of us having full-time jobs with final salary pensions and the assumption that if you study hard you would get the job of your dreams is less likely to happen.

In his book, *Work It Out! Human*

Resource Manager and trainer **Des McCabe** argues that the days of us getting up in the morning and going to a place of work, then coming home to put our feet up in front of the TV are fast disappearing.

For instance, our work station may no longer be the office or factory, but the computer at home and our working hours may fit around taking the children to and from school or caring for elderly parents.

To fit it all in, we might be required to start our working day before breakfast and end it later in the evening.

It could also mean that the job we do in the morning could be completely different to the one we are doing later in the day.

"In the New World, we need to create pieces of work that suit us," said Mr McCabe.

"It might mean working as a freelance or on a short-term project. Social and business networking sites, such as Facebook, are already replacing traditional methods when looking for employment opportunities."

● *Work It Out!* By Des McCabe is published by Hay House, £10.99.



Des McCabe.