



# OUR CONSTANTLY CONNECTED WORLD OF TECHNOLOGY

Is the constant connection to our technology driven world changing business, employees and overall our culture?

Yes, I'm guilty. I've become one of "those people" who stays connected virtually 24-7. The convenience of smart phones, laptop computers, I-Pads, and all the other devices that connect us to the vast cyber world is just too enticing, so instead of relaxing in the evening I catch myself checking emails, doing research, or just surfing the web for tidbits of interesting information.

So, what's the harm? I think, as a nation, we've elected to replace good books, good conversation, and simple relaxation with the stimulus of electronic devices. Young executives, or others in the workplace, are never more than a glance at their phones from being at work. They feel the need to constantly be on call, or to be available to respond to the latest emergency at work instead of disengaging for 24-48 hours to recharge their own batteries.

It's leading to the inability to relax and to careers where we're seeing a lot of early burnout. People just can't keep up the pace.

We're also seeing young people who've become addicted to on-line gaming, spending hours in front of the computer screen playing games against people they never meet. Cyber games have replaced the sandlot as a place to gather and compete.

I know it's affecting work performance because I hear it all the time from business owners and managers who deal with it daily. Communication skills have declined, attention spans have decreased, and everyone is looking for instant gratification., or so I'm being told by real people, in real conversations, not on the internet.

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