



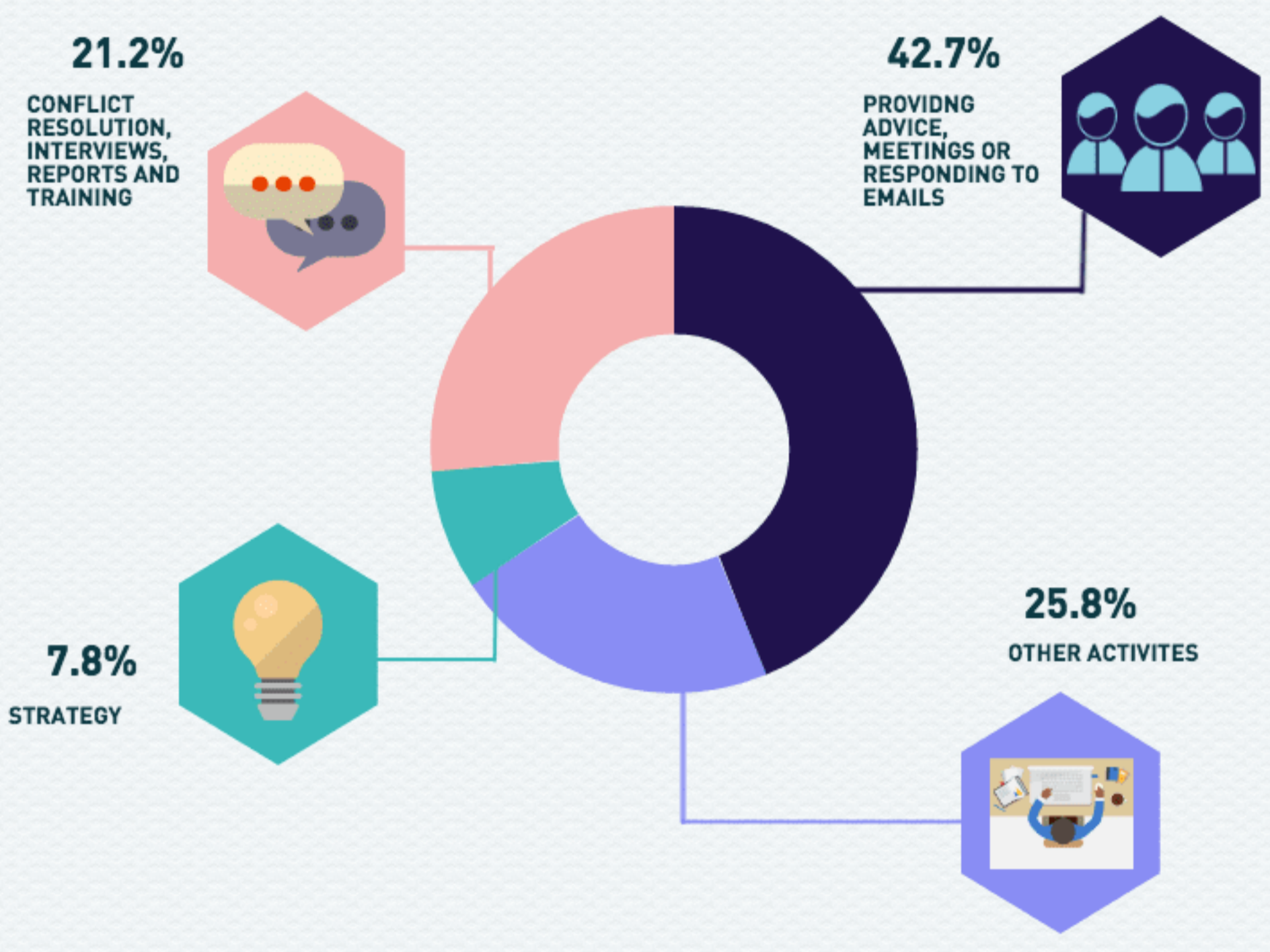
A day in the life of a HR Advisor



When I say I work in HR, or Human Resources, I often have to explain what that means. Most people only ever see their HR person when they're hired or when they're leaving. But there's a lot more that we do!



During an average week HR people spend



What Was Found



HR people need more space to think



It's best to have clarity on what they set out to achieve each day



Daily goals need to be realistic, HR have a lot of interruptions



Interruptions at work drive down psychological flow

Project Overview



821

The number of HR people surveyed



When the study was conducted



The study also looked at the impact of interruptions on psychological flow

Study conducted by John Molneux and Adam Frazer, Findings presented in HCAMAG February 2015

<http://www.hrmonline.com.au/articles-about/john-molneux/>