

to the individual, but to the business. For many years, “model employees” have often been seen as those who demonstrate their total **commitment**⁹³ by **keeping** constantly in touch⁹⁴, working late and **putting** in double shifts⁹⁵. At its extreme⁹⁶, it has even been **romanticised**⁹⁷ as being part of a wonderful, crazy time. In an interview with Bloomberg, Marissa Mayer, an American businesswoman who was **CEO**⁹⁸ of Yahoo, described her time in the early days of Google. When asked if she ever worked 130 hours per week, she answered:

“The answer is yes, if you’re strategic about when you sleep, when you shower, and how often you go to the bathroom. The

*nap*⁹⁹ *rooms at Google were there because it was safer to stay in the office than walk to your car at 3 a.m.”*

She is clearly an extremely ambitious and very successful person and maybe that is what it takes to¹⁰⁰ get to the top. For the average Joe¹⁰¹, now working, mostly or frequently, from home, the shower and toilet are close at hand¹⁰², but the incessant¹⁰³ pinging of notifications may be less welcome, as will be the fear of incurring the boss’s wrath¹⁰⁴ the following morning for not responding.

However, having to maintain a constant presence at home may be **counterproductive**¹⁰⁵. A Stanford University study found

that productivity falls significantly once people work over 55 hours per week.

Many employers speak proudly of their employment practices that care for their employees’ **well-being**¹⁰⁶. Some progressive companies such as Volkswagen, Allianz and Bayer have systems that block servers from sending e-mails to employees out of hours. Legislation and the actions of the Portuguese government may provide companies with a **blueprint** for¹⁰⁷ setting their own comparable rules and standards for re-establishing the employee’s right to leave the office and not be contacted, particularly when the office **doubles up** as¹⁰⁸ home. ■



⁹³ **commitment** kə'mɪtmənt zaangażowanie, oddanie (np. pracy)

⁹⁴ **to keep in touch** tə ki:p in tʌtʃ pozostawać w kontakcie

⁹⁵ **to put in X shifts** tə 'pʊt in ʃɪfts pracować X zmian (pod rząd)

⁹⁶ **extreme** ɪk'stri:m skrajność

⁹⁷ **to romanticise sth** tə rəʊ'mæntɪsaɪz 'sʌmθɪŋ idealizować coś

⁹⁸ **CEO (Chief Executive Officer)** ,si: i:'əʊ tʃi:f

ɪg'zɛkjʊtɪv 'bɪfsə(r) dyrektor naczelny

⁹⁹ **nap** næp drzemka

¹⁰⁰ **it takes X to do sth** ɪt teɪks tə du 'sʌmθɪŋ aby coś zrobić, trzeba X

¹⁰¹ **the average Joe** ði 'ævərɪdʒ dʒəʊ przeciętny Kowalski

¹⁰² **close at hand** kləʊz ət hænd w pobliżu, pod ręką

¹⁰³ **incessant** ɪn'sesnt bezustanny

¹⁰⁴ **to incur sb's wrath** tu ɪn'kʌ:(r) 'sʌmbədɪz rʌθ

narazić się na czyjś gniew

¹⁰⁵ **counterproductive** ,kaʊntəprə'dʌktɪv przynoszący efekt przeciwny do zamierzonego

¹⁰⁶ **well-being** wel 'bi:ɪŋ dobre samopoczucie (psychiczne/fizyczne)

¹⁰⁷ **blueprint for sth** 'blu:prɪnt fə(r) 'sʌmθɪŋ schemat czegoś, przepis na coś

¹⁰⁸ **to double up as X** tə 'dʌbl ʌp əz służyć też do X (dodatkowo)