Access to Experts

Leslie A. Perlow , Konosuke Matsushita Professor of Leadership , Harvard Business School

Leslie Perlow is the Konosuke Matsushita Professor of Leadership in the Organizational Behavior area at the Harvard Business School. Professor Perlow's research focuses on the micro-dynamics of work. She seeks to understand what really happens at work - i.e., what do people do all day, how do they spend their time, with whom do they interact - and with what consequences for organizations and individuals. She documents individuals' work practices and explores the implications of these practices for organization productivity, individuals' careers and family life. Through her work, she identifies ways organizations can change their practices to the benefit of both the organization's productivity and the individuals' personal lives. She also engages with organizations trying to make these changes and studies the change process itself. She recently published a new book, Sleeping with your Smartphone: How to Break the 24-7 Habit and Change the Way you Work. Before joining the Harvard faculty, Professor Perlow was on the faculty of the University of Michigan Business School. She received her B.A. in Economics from Princeton University and her Ph.D. in Organization Studies from MIT.

Contact Carol Courter, Manager, Corporate Communications, +1 212 339 0232, courter@conferenceboard.org

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