

# Disconnection Style

## INTEGRATORS VERSUS SEPERATORS

Different people have **different needs** when it comes to disconnecting. You may prefer being a separator who likes a clear distinction between work and personal life, or you may prefer being an integrator who prefers a more flexible approach to combining work and personal roles. The style you prefer has an impact on how you best disconnect after work.

Take a moment to think about your disconnection style. Ask yourself **the following questions**:

1. Which style are you mostly using today? Indicate it with a cross on the line or spectrum below.
2. Do you sense any tension between where you are and where you'd like to be? Why?
3. To what extent have you experienced changes in the style you prefer throughout your career?

### ASK THE TEAM

How can our team be more aware of the different styles of disconnection during working days? Which agreements can we make?

>> SEPARATOR



>> INTEGRATOR

