

Abstract:

This diploma thesis deals with the topic of work and life balance in the field of social services. The text explores the problematic from the point of view of social organizations and their employees, and focuses at the gender aspects of the problem from the perspective of feminist social work. The goal of this text is to identify and describe management tools, which would prove themselves to be functional and helpful. It also aims to describe the process of implementing personal policies for improving the work and life balance of the employees of social organisations. The practical part focuses on exploring the experiences of the employees and management of social organisations with the SARS-CoV-2 pandemic, and its impact on their work and personal lives.