

Improve your work-life balance with Webex Personal Insights

Work-life balance is more than just a buzzword. With Personal Insights, you can make it a reality. Using Personal Insights in the Webex App, you can better manage your work-life balance and boost engagement and effectiveness in a hybrid work environment. It uses data to present personal, team, and organizational work habits with easy-to-analyze dashboards. Personalized data can help you improve your work-life balance, so you can set your focus hours, boost productivity, and limit distractions.

As you go through your Personal Insights, keep in mind that this is just the beginning. We take well-being seriously, so we will be adding new insights to your dashboard so you can focus on being healthy and productive at work. Open the app to see the newest additions to Personal Insights.

Your privacy comes first

Personal Insights data in Webex is for you and you alone. All information is anonymized at the team or organizational level. You can set your personal preferences and goals and manage everything in Webex.

Find out more about using Personal Insights in Webex by joining the [Webex User Community](#). You can also find tips and share best practices that'll help you get the most out of working collaboratively with Webex.

What does Personal Insights do?

Think of it as your digital butler, helping you manage and adapt to how and when you work:

- It digs into your day-to-day Webex usage data to define downtime and helps you spend more quality time off-the-clock
- See your team members' quiet hours, schedule meetings accordingly, and build mutual trust and respect
- Anonymously analyze how you stack up against your organizations' averages for better self-evaluation

Benefits

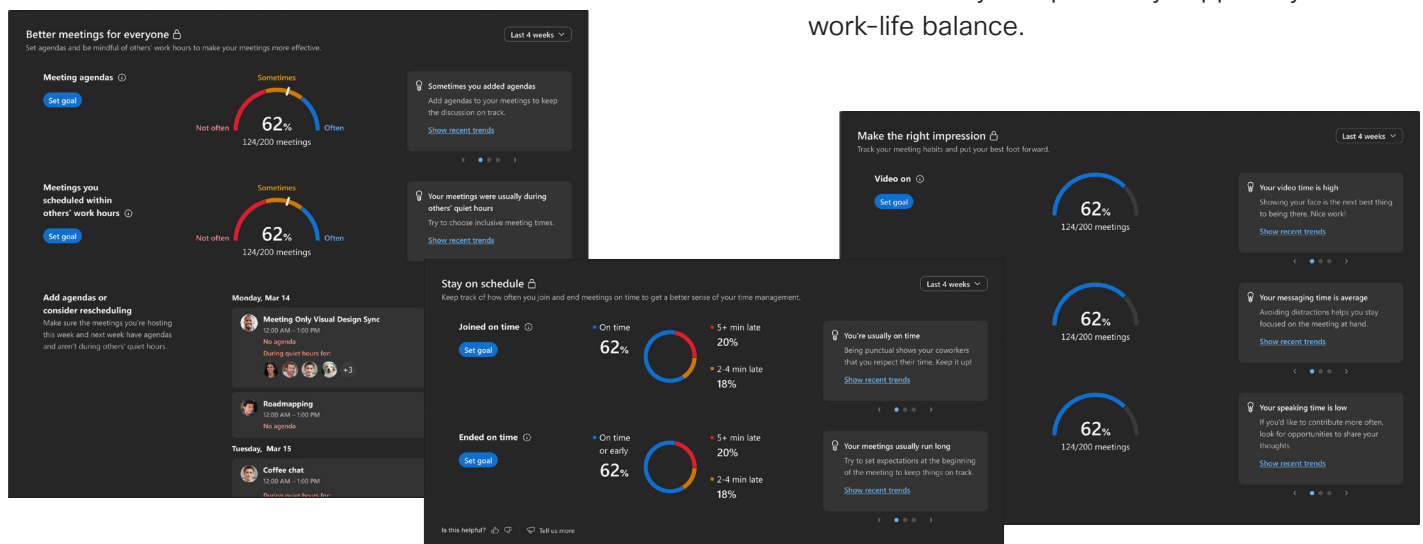
- Positively recalibrate the way you use time throughout the day to help avoid fatigue and burnout
- Achieve more positive, productive, and inclusive work experiences, whether you're face-to-face in the office or across the screen from your colleagues
- Collaborate seamlessly and build quality connections that help you focus your time in the best way possible
- Change how you think about productivity and prioritize your well-being

View your Webex Personal Insights

Make sure that your IT systems administrator has approved it for use in Webex by enabling it in your organization's Control Hub. Open the Webex App and then click **Insights** to see your habits. To see all the insights available, visit the [Personal Insights help center](#).



Our top tip: Set your baseline with Personal Insights for a couple of weeks first. See what the analysis reveals and then start adapting your habits in a way that positively supports your work-life balance.



Learn more