Mattia Rainoldi: Very well. Just to start I'd like to ask what's your job title?

P32: I'm a career coach, coach I help people find the job they love.

Mattia Rainoldi: You are a career coach.

P32: Or maybe I support the job seekers.

Mattia Rainoldi: Okay, that's very nice and how would you describe your employment type?

P32: I'm a freelancer, I have my own business.

Mattia Rainoldi: Okay do okay. So you're a freelancer, so would you describe yourself also as an entrepreneur?

P32: Yes, I have a team of 10 partners.

Mattia Rainoldi: Okay. 10 partners, do they work independently of you, or they have a contract with you?

P32: They work independently as part of the team. So everybody is a freelancer.

Mattia Rainoldi: Okay, so it's a team of 10 different people.

P32: Yeah. And, of course, all of them are digital nomads.

Mattia Rainoldi: Okay, all right (laugh).

P32: Because we work remotely.

Mattia Rainoldi: Um. So, now we know a little bit of background information about you, so what I would like to know now is a little bit about your your day, so a typical day of you, how do you organize it, um, what do you do, just tell me a little bit about it.

P32: Yes, I usually start my day by having breakfast. And then I continue you with calls like from 10am to 2pm I usually have a video course with clients or partners, business partners and colleagues. And after 2pm I usually deliver services to my clients, such as a CV writing, LinkedIn writing or job interview preparation things like that, and I also reply to emails messages, social media comments. I also post social media articles and things like that. I also have a break for lunch, of course, and after these things, depending on the day if if it is not very busy, I usually have some leisure time some free time and I visiting I go for swimming for the beach or by visiting some friends to bars and restaurant or for working depending on the place. If I am, for example, if I am in a different country in a new place I usually um, usually join a guided tours guided tours to explore the city let's say, or I arrange hiking tours or with a bike or I will visit museums, things like that, and in the evening I also have a dinner. And usually watch a movie or TV service or a book, depending on the day and if I'm alone or not.

Mattia Rainoldi: I understand yeah so how do you schedule your work activities and the activities that you do in your life?

P32: How do I serve them? You mean regarding the time?

Mattia Rainoldi: Yes.

P32: Well, this is also depending on the day and the things that I decided to do and the place for example here in Lavonese it is an isolated places actually place, I don't have a car, so I usually just stay home. And I can go to the to the beach or I can join my roommate's that one of them has a car to go for a drink or my partners, because the car and who is close by and we will go to a restaurant or a or a bar, for example. If I am in a new place such as Salzburg, I would probably join some guided tours or visiting museums and other stuff during the morning. And I would work during evening, so depending on the place now, because it is, it is really places I usually work during the whole day because if if I am back in Athens in my home city and I usually work in the morning and then have some free time in the evenings like after 6pm I usually go for walking or shopping or joining some friends and things like that, but if I'm in a different city and country I usually work during evenings and have my free time in the morning to to explore the place go for hiking, museums, guided tours all these things depending on the place in the day.

Mattia Rainoldi: Okay. Are there other factors that influence when you're working and when you are taking time for leisure activities?

P32: Yes, so one is the weather. If, for example, the weather there is a rain, very windy or things like that I prefer to stay home and or, if I have a company, if I have some friends some guests and I prefer to spend my free time with with the guests and my friends. So I plan my time accordingly.

Mattia Rainoldi: I understand yeah. So there are different scenarios that might be for you like possible depending on different situation yeah, alright and that depends is also if you're traveling, the place where you are, the weather and social social connections that you have. Mhmm, that's very, very interesting. So, and which is the your favorite way of doing it if you if you have one?

P32: My favorite one is visiting new places exploring this place is during morning or if it is very hot during the evening, depending on the weather and then meet some friends or make new friends, or I also like to meet new travelers. And I also like to meet locals so when I am traveling alone, if I don't have any friends in this place, I usually using the couchsurfing application, if you know it, a couchsurfing application. Then, that I can I can I can find some local travelers for the locals to join them for a walking tour or a or a drink or a you know or food or things like that. The need some activities like I'm going for a tea, who is with me and I can probably join it or I meet some people during the guided tours. And then I continue my day with them.

Mattia Rainoldi: Okay, great. If I just look at your diary, you basically worked every day, a little bit least?

P32: Yes, it is a, it is a time that I changed my content strategy. It had the it was beyond successful (laugh) so, so I couldn't even manage it, because I received hundreds of messages a day requests for office, so this is why I work all day. I usually work around six hours per day but during the last days because of this high engagement on social media, I received a lot of requests and messages from people. Imagine that I couldn't have the time to reply to all of them, I even replied let's say today for messages that they send one or two weeks ago. So that was a lot of work that's why I work so many hours during the last seven days, but I usually work six six hours per day.

Mattia Rainoldi: Okay.

P32: On week days.

Mattia Rainoldi: Usually work six hour for days. How many days a week do you work?

P32: I usually work from Monday to Friday sometimes also Saturday morning. And I want to give my weekend free but sometimes I prefer to do something during the weekend and have more free time during the weekdays. For me it's not a subject like fixed. I don't have a fixed schedule, for example, I can I I could um, I could not work, one day and do the work let's say Saturday. So it's totally up to me a for the days and the hours that I want to work. I don't have anything fixed. It's very flexible.

Mattia Rainoldi: Why, what is the reason for keeping the weekends off, if if you are so flexible so?

P32: Yeah I usually keep the weekend off, because usually the other for my friends, I are available during the weekends because let's say some of them are working most of them are working um, in an office or in a you know something like that or have a fixed schedule, so I can only join them during the weekends and some of them during a evening, during the evening so weekdays.

Mattia Rainoldi: Okay, and that also happens when you are traveling?

P32: No while I'm traveling I I change my schedule like I make a Monday as a Saturday. I don't have a fixed plan, for the traveling I work any time I like. I don't have this mindset like to have the weekend free.

Mattia Rainoldi: Yeah when you are traveling so do you also prefer to keep this Saturday Sunday free?

P32: No because you know it depends, if I am in a place that I would like to have a day trip or two days trip yes, I prefer to keep the weekend off, um free, because my clients are reach me, um, usually reach me from Monday to Friday, this is in the normal open working working out with my company. So if I am in a place up I let's say that I can have a day trip, and you know spend my free time during the whole day, yes, I prefer to keep it free. So, depending on the place, for example, one one more thing that I usually do when I visit a new place is joining some Latin parts, because I like dancing but Latin parties are usually during the interim days Wednesday Friday Thursday. So I cannot join them during the weekdays.

Mattia Rainoldi: Mhmm, are there any other reasons for you to take days off during the week?

P32: During the week I takes, yes, if I want to to go for shopping I can take some hours off. And if I want to visit some friends let's say that I have a friend, that I know that the he or she will leave tomorrow, so I prefer to spend my day with my friends and continue my work the next days.

Mattia Rainoldi: Yeah I understand yeah, so do you take holidays?

P32: Um yes, sometimes, to be honest I prefer to combine them with a self closely it it's like self closely trips. So if I want to plan some holidays, it should work, but I prefer to join trainings. So okay, I will not work this for example I booked a I booked a an event for three weeks it should it should happen last July, but because of Covid they postponed it for the next year. So I plan to visit Estonia for one month the three weeks and that's going to take one more week to explore, so I will a business owner for one month without doing ANYTHING about work but I will have a lot of trainings and networking.

Mattia Rainoldi: Are those trainings are related to your work?

P32: They are related to with entrepreneurship, with self improvement, psychology, communication skills, many different aspects.

Mattia Rainoldi: So those are trainings that you do for improving your work or your performance so to say.

P32: Both my business career center both performance yes for example I will visit a training in Czech Republic during November about the innovative educational techniques. And I will also visit another training in the Netherlands and after this after the Czech Republic, the same month and was advanced coding techniques

Mattia Rainoldi: Mhmm, I see.

P32: And they are weeks for training, one week per training.

Mattia Rainoldi: Yeah, but these are not trainings that you do for fun, so they are not only fun so they are not leisurely trainings but they are professional training isn't it?

P32: I usually do it for fun because I really enjoy them and because the context is that the we are now allowed 30 people from different countries so I also meet new people, and I really like this. We are living together and having activities together a group activities together during breaks after the training during the training. And the training is not like you know just say holy like blah blah blah blah, it is also wanting to use our body to use our hands to do some activities, maybe explore the city or the place with many different techniques. I don't I don't remember things what to say it's like a more multistatic training yeah.

Mattia Rainoldi: Yeah I understand yeah. Great. Fine, so you were saying (laugh) yeah just lost a little bit the connection to what I wanted to ask before so you take holidays and those holidays you generally go for training and when you're doing training you don't do any work isn't?

P32: Yes, and, depending on the training, there are some trainings that I cannot even use technology, for example, I joined a training in Italy where it was prohibited to use technology, so I didn't use any laptops or smartphones during this days or the other trainings the schedule is so full, I don't have the time to use the technology for my work. If I have a lot of you know now, I also have my team and the direct my team, so I can leave let's see my business for some days and trust my team to manage all the requests for the activities, because the at a level where they can do it. Before having a team I should do work someday someday during these trainings even after the training, for example, there were days that the trainman was finishing let's say really late like 11pm (laugh) so night, and then I will continue working, even after midnight but I was alone, now I have my team, so I trust my team to manage all the requests and I can really enjoy my time in the during these trainings.

Mattia Rainoldi: Yeah we talked about quite extensively about your the time where when you do work and when you take time for your leisure life. What about the place where you work from yeah and that I'm very interested to learn about more about it.

P32: So about the places, um, I had the different strategy since before the 2021 and I had limited video calls, I was mainly offering my services through email or the chat and I also had some voice calls. So it was very flexible about the place, I could do I could work from anywhere, even from a square let's say from a park. And now, because of have video calls my clients and mainly executives, so I want to keep it more professional and I prefer to book to have a room a private room with my equipment, like a ring light a lamp and my camera and everything to have a professional um, place, a professional quiet place before that I could work from parks, from coffee shops, from quiet restaurants. from hotels like open space, you know the open space, the lobby of hotels, many different places but now I I mainly work if I have video calls, I want to be in a quiet room if I don't have video calls, I can work from anywhere. I can visit the let's say a beach bar and work from there or the Starbucks or something like that.

Mattia Rainoldi: Mhmm. You mentioned a lot of places and most of them sounds to me like places that are generally dedicated to leisure rather than to work, so you mentioned park, beach, coffee shops and places like that, so the hostel and so why would you choose such location for work?

P32: Because I like listening to music and um, and see it see other people, see you know an active place let's say I can describe it to see to watch motion to something around and many people, but I usually prefer quiet places will go to a coffee shop, but with the you know with the not the loud music so that I can really focus on my work and concentrate.

Mattia Rainoldi: Mhmm. Okay, so how does the ideal working space for you look like?

P32: The ideal workspace has to be quiet, with music music, but not very loud. So I can have a call for example if I need it and with high speed internet, Internet connection high speed WiFi, with plants, and my laptop can last like six hours but, just in case I would like to have a plugs somewhere so I can charge my laptop or smartphone anytime and I also like to have you know ergonomic chairs and tables, so I can work from a place that the it is okay I can stay some hours, I can certainly stay for hours to work. And of course I will order some food I will not just on the water it's the four hours, when it is a professional but I prefer a place a quiet, a place and also other people are working so maybe if I want to meet somebody I could also meet new digital nomads or remote workers, I used to like this. And the subject that I really like is to work with other people, I have done it in the past, I joined, for example, like the cafeteria in Bucharest in Romania and there were five six people that they were working with their laptops I joined them and we'll have the lunch together, and you know brainstorming, exchanging ideas- I like these kind of things.

Mattia Rainoldi: Okay. This is a very interesting stories that you're telling here and I'd like to learn a little bit more about it. So you're basically working solo. So you're working mostly on your own and well, you said you have partners that are also remote and so you probably don't have that physical connection with with these people. Um. So I'm very interested to learn a little bit more, so why you look for places like like this one that you were describing where you also meet other people, what is the value that you get from it, so what is exactly what you're looking for?

P32: Um, I like to change um, I like to meet people that they are working in their local place. So, to make some new connections, exchange ideas about to about working lifestyle, traveling tips and even join some activities together after the work. That happens many times, that I joined some people during working and then we had the time to do something together and then we have fun together, so I really like this. If I am in a place that I can do this.

Mattia Rainoldi: Mhmm. Right. So, are there any other reason apart people for working from a place that, as I said, other people would consider it a place for for leisure?

P32: Also, like to work from a let's say places that we are related to art. So if there is a place like art gallery or a museum and that they have the space to sit down and have a coffee or things like that I used to work from there.

Mattia Rainoldi: Okay.

P32: Or sometimes I usually join some libraries to work from libraries, so they can also they are very quiet and I can also meet some people if I like, some of them are national libraries, or other university libraries. And I used to like also these places.

Mattia Rainoldi: Okay. So why do you choose this place is like the museum, the art gallery, it's very interesting place to work from.

P32: Yeah because, I like the environment and feel that they boost my creativity and um, productivity.

Mattia Rainoldi: Okay.

P32: If I'm in a place like that and I also prefer places that they for example, if I want to book an apartment to Airbnb. And I also like to find something that has a an amazing view or a very nice collection because I feel more creative and productive for example, in this place that I am now it has an amazing view to the see so I can be productive the whole day because I did like the place.

Mattia Rainoldi: Okay. That's very interesting so. Okay, so being in an office will probably give you that is what you're trying to say you?

P32: If I am in an office with just plain white walls and nothing allowed, I don't like it I don't feel a productive it's like a prison to me (laugh).

Mattia Rainoldi: Understand yeah that's very interesting. Okay. It seems to me that you are also very independent in the way that you choose when to work and where to work and how to work and with whom to work is that true?

P32: Yes, it is very true.

Mattia Rainoldi: Okay. Um. Fantastic so let me see here let's move on to talk about a little bit more in detail about technology now, now we have a very good background about you what you do and what you prefer. So I would like also to know a little bit more about the technologies that you use both in your work life, and your leisure life. So, can you tell me a little bit what technologies, that you use maybe just let's start with the devices that you use and how do you use it in for what purposes, that would be nice yeah.

P32: Yes, so I use a laptop and I also have a desktop in my hometown but I use my laptop for traveling and I also use a mouse because I don't like the touchpad. I prefer the mouse device. And I have a smartphone and um, and also wireless earphones because there are more flexible for me, a ring light lamp you know this one. I take it with me because I didn't have a good life in the world, I am I don't know what to be can say to depending to depend on the place of them because they are usually just lights for living, not working so I have the ring lamp with me, I have a webcam extra webcam. What it's about devices, I also have a speaker a JBL speaker for music, chargers, HDMI cable if I were to watch Netflix somewhere, I can connect my laptop to the TV of the Airbnb. And I also have the microphone, sure if I have if I want to make webinar, if I were to make a webinar to deliver to a webinar, for example, or a podcast I also have a microphone with me for the sound yeah. These are all the device.

Mattia Rainoldi: So do you use them for both for work or for leisure, or some that are just for work or just for leisure?

P32: For both, I use all of them for both and not microphone, microphone sometimes, yeah, so all of them except microphone I use them also for leisure.

Mattia Rainoldi: So what are the main reasons for you to use these technologies?

P32: Because I can be very productive and they support the quality of my work. And I choose very carefully these devices so before buying a device I make I do I do deep research and I also test the products physically. And even for hours before buying them, so I know that I have a device, and this super practical for me, and I can be very productive regarding the battery, because, because the weight of the device because I'm traveling so I need something you know, like light weight. And these are the small devices and I'm having a big device, my biggest device let's say is the ring light it is similar to my laptop in the size.

Mattia Rainoldi: I see.

P32: And I use them, both for leisure and for work.

Mattia Rainoldi: Okay and tell me a little bit about also the tools that you use um, applications, tools, what do you use for work, what do you use for leisure, or you combine uses of something like that?

P32: Yeah and use many applications for example about work I use Zoho for my business it makes, I use Hubspot for the CRM so CRM. I use, I use Grammarly premium for proofreading my English content, Google translate because translate many documents, so I need this application, I use Google keep to keep some notes, but they are synchronized with all my devices which is very practical for me. I use Google calendar for my window course my course my tasks and everything. I also use social media for both work and leisure, such as Facebook, LinkedIn premium, Instagram, um TikTok or this for both leisure and work. I mainly use LinkedIn, to be honest and Facebook. I also use Slack for my work to have a chat with my colleagues, with different categories and that's mentioned all the stuff it is a very practical application, I use Calendly for my appointments my business appointments, Gmail, mainly for the leisure but sometimes they also send me for work my Gmail. I also use Canva Pro for creating some graphics such as LinkedIn banners or the ebooks you know things like that, for social media posts. I also use Adobe Acrobat DC the premium version, because I need to edit some pdfs from time to time, because my work. I use Microsoft Powerpoints mainly to create. I create that Microsoft PowerPoint mainly and also Microsoft Word. I also use Microsoft Excel. I think I forgot to mention in the diary. I also use Excel (laugh) and I also have a use Spotify for leisure and the Netflix and I have a budgeting cut that I track my expenses and earnings there.

Mattia Rainoldi: Okay.

P32: Many applications.

Mattia Rainoldi: Very good. So, from what I understood here is that you have some application that are totally, how to say, work related and some that are just leisure related and there are some that have a mixed purpose. So how do you differentiate between what you use for work and what you use for your leisure life?

P32: This is also dependent on the place for example if I'm traveling I usually use a lot of the couchsurfing application or traveling applications. Now because I am a here for 20,30 days, 35 days I didn't use any traveling Apps. And so it just depends on the place, I change the applications from time to time. Now from this applications that I told you there are some applications just for leisure, and this is this is Spotify and Netflix. All the rest and some of them are only for work like Zoho, Hubspot. And Slack, Zoho, Hubspot, Slack and Calendly are just for work Adobe Acrobat DC. All the rest are mixed.

Mattia Rainoldi: Mhmm. How you manage them as either mixed, so applications and and of course your tools as well, so your smartphone and your and your laptop you use for other purposes, so now I'm more interested to learn about um, if there are tools and um, devices and application that you use for other purposes, how you differentiate between what is what, um, at what time and tell me more about it?

P32: Yeah first of all, most of the applications are synchronized in my both devices smartphone and laptop. So I can use them anytime and they are updated. And in um, so on my smartphone I used to have files you know with categories like business applications, leisure applications, travel applications so I have some group of applications in my smartphone. I have something similar on my laptop. I do something similar, and the as I told you I use some of them as mixed. And, for example, I use Google keep I have some some business notes that I keep in Google keep so to to have a you know the priority of of them and let's have some additional notes and beat, but I can find them with this search function, um, for example, for the Google calendar, if I have a business appointment or a business task I use color codes, so I use the color red for all my tasks that I need um, my business tasks. I use the color red, if I have the video call with a client like an introduction call and use the color orange, if you have have a leisure task like joining a friend for a coffee or a drink or go for swimming I use the green color. And if I have a training task like to watch a webinar or something like that I use the blue color. So I have a color code on my calendar to differentiate the tasks for me to be more easier to recognize how many business tasks I have per day and how many of the leisure tasks.

Mattia Rainoldi: Why you're doing it like that?

P32: Because, for me it is more I am a visual type person, so I prefer to have a color code in my calendar to be very easy for me to recognize, you know the workload of the week, how many business tasks I have and video course well, so I can arrange my free time accordingly like okay, I have a lot of work during morning, I can arrange a meeting with a friend I can arrange or, I can arrange to go for shopping, because if I will not arrange it I would probably never go and that would be I would run out of food I don't have any food (laugh) it happened once. So I even plan how quick to go to the supermarket and things like that.

Mattia Rainoldi: Okay, yeah, that's interesting.

P32: Yeah even for my partner I structure the time that I can join my partner let's say.

Mattia Rainoldi: So you schedule everything in your calendar? How flexible are you in arranging or rearranging?

P32: It is very flexible, so if, for example, I have something unexpected like an unexpected guest or something something unexpected I can, I can change it, I can usually change my calendar my activities and I cannot change it if I have an urgent task from a client, for example, the client has a job interview next morning, and we have arranged a job interview preparation training during the evening. So if I skip this that you will go to the interview aren't prepared. So there are some urgent or there are some urgencies with deadlines, so if I don't have the CV of the client ready on the time they will miss the deadline so if I don't have deadlines it's very flexible, like everything.

Mattia Rainoldi: Mhmm. So basically your clients create some times that are basically fixed in your calendar and that are not um, negotiable, so to say yeah.

P32: I usually offer them the option, with a discount to to get the service in 10 working days. So if they have this flexibility, I offer them a discount if they are like 'P32 I need to send this tomorrow or today', then okay, then you know I rearrange the pricing in this case and, like I said, if I can deliver them, if I can cancel my plans to do the service and even the biography and these things.

Mattia Rainoldi: So let me understand it right, if you a client want to work with you and you give them the option to have the service delivered within 10 days with a discount.

P32: Yes.

Mattia Rainoldi: You are the one that decides when and how to do that?

P32: Yes.

Mattia Rainoldi: Okay.

P32: I give them my availability and they choose the dates and the hour but they also have the common availability. If they don't have availability at the same time, then I sometimes I used to change my activities so to be able to serve them.

Mattia Rainoldi: Mhmm but for that they pay the full price?

P32: That depend, it is, it is dependent if they need yeah something like um, in the next 2, 3, 4 days or five days they pay the full price, yes. Or even double price, even double.

Mattia Rainoldi: Okay (laugh).

P32: Imagine I have a pricing, for example, for the 10 working days delivery, that the same service if they need it today, they usually pay four times more.

Mattia Rainoldi: Okay.

P32: So it is a good discount to give flexibility (laugh).

Mattia Rainoldi: I understand yeah. Great. So we work okay let's get back to the to the thought that we had before, so we were discussing about these applications that use for mixed purposes and I have differentiated between what is what and you told me about the calendar. Do you have other examples of tools and applications that you use for mixed purpose and how you differentiate what is what?

P32: Well, the budgeting application that I track all my expenses and I track um daily. Here I have the business categories and the personal categories. So this is also a mix application, but then I have all in one I have my business expenses and my personal expenses all together in different categories, with their statistics, with you know charts and all these things. Um, other applications, um, social media social media Apps I use it for both leisure and business reasons, all of them.

Mattia Rainoldi: So and how to do that? Do you have an account for everything or?

P32: I have one account for social media and I use it for both business and personal reasons. It is not just the personal account, for example, or just business, it is mixed. And the LinkedIn social media is mainly business like 99% the business stuff, um Facebook is mixed, Instagram is mixed and um.

Mattia Rainoldi: What is the reason for having it mixed?

P32: I have it mixed some most people they use it as a personal social media, but I decided to have with mixed for personal branding so I promote my business also through Facebook and Instagram and have many clients from from this. If I use them just as a professional account I would probably didn't have this personal branding awareness and those requests from the social media.

Mattia Rainoldi: Okay.

P32: I have a similar thing on TikTok, but having business account on TikTok, the personal account with my personal account I watch some videos I really like, some tips and things like that. I follow some guys and mentors and also have a business account with a colleague that created video content with career tips. So I also use this, she's creating the content and I do the community management, reply to comments or the posting on this or respond.

Mattia Rainoldi: Okay. Mhmm. So some something more, some other application that you use with mixed purposes?

P32: Sometimes, Google translate and Gramarly premium yeah, for the you know for my English content. Um, about Excel I I only use it for business results, like financial reporting. I use Word for both a leisure and work and PowerPoint only for business reasons.

Mattia Rainoldi: And what about your devices. So when are you using them for a purpose or the other?

P32: I mainly use my laptop for business reasons, and my smartphone mostly for business reasons.

Mattia Rainoldi: Okay.

P32: I feel more productive with my laptop but sometimes it doesn't mixed because I have calls video, you have for a couple of calls, I use my smartphone. If I have a video calls, I use my laptop.

Mattia Rainoldi: Mhmm. Right and when you're using your devices, so how you differentiate between when you're using them for a purpose or the other?

P32: So this is totally up to me, for example, I'm like okay, I will work the let's say 6pm and then I will do personal stuff, so I do business tasks with my devices to the second hour and after that I use them, I use them, but for personal reasons for leisure.

Mattia Rainoldi: Yes, and do you have any so to say routine or rules that you say um, that helps you to differentiate when you start using a device for a purpose, and when you stop using it for a purpose and then move on to the other. Do you have something like that in your life?

P32: Yes, I have something in my mind, for example, I prefer to reply to all the agents and the message and emails, um, complete my goals and deliver some some tasks with deadlines and if I do all of them, then I'm relaxing so I've decided either to keep working on other on other things, that are not so urgent or changing to leisure time.

Mattia Rainoldi: Mhmm. So now just just think about it concretely, so let's let's suppose this call is is a work call and after this call, that is when we decide to stop your working day. So how do you switch to to to leisure life?

P32: Can you repeat the question?

Mattia Rainoldi: So when you stop your working day, how do you switch to leisure life with your devices?

P32: I usually, usually turn on the music, um, close my laptop, switch off my laptop and all the other devices like rings lights and the webcams and all these things and I just use my smartphone to to do some personal things, to read some articles, replying to send texting some friends, having some calls with friends, and arrange something.

Mattia Rainoldi: So do you always close your laptop when you stop working?

P32: Mainly yes yeah most of the time.

Mattia Rainoldi: Okay.

P32: Most of the times. I mainly use it for business reasons.

Mattia Rainoldi: Mhmm. And when is it that you use it for leisure reasons?

P32: If I want to watch a movie and I don't have a different device such as a TV and so, then, I use my laptop to watch a movie or if I want to watch a webinar training then, I have to use my laptop if I were to join a video call with friends, I prefer using my laptop instead of smartphone. If I want to create like a graphic for the social media post you even for personal reasons I prefer my laptop because it's more easier to do graphic design and mainly these um, these things like for all the rest I use my smartphone.

Mattia Rainoldi: Okay yeah. Mhmm. Let's talk about your smartphone then. So when you're using your smartphone during the day so you're using it let's say now you're using it for for work and then later, you switch on to switch off or sorry switch to um, to leisure purposes or something. So how do you do that?

P32: For example, when I use it for work, I reply to, if I use for work, I have calls with clients or business partners or colleagues. And when I use it for the personal reasons, I'm chatting with my friends, checking some um social media, mainly texting some friends, I would say, and to watching some videos and then read articles. I usually use it like I reading articles, so watching videos, photos, texting friends, and maybe these are the reasons that I use my smartphone and I do this if I am alone. if I have another people in the room, if I have some friends, I don't use it. So, for example, if I go with my partner for a day trip, I will not use my my smartphone or laptop not at all maybe just GPS, the Google maps just for that.

Mattia Rainoldi: Mhmm so what does it mean for you not using it?

P32: Not using it means that I don't check anything on social media or emails or messages or comments, and I only use it, if I have a call for somebody and I have the time and I want to reply to the call because, if I am for example with friends or my partner I don't reply to calls, only if I feel that something is urgent, only only in just in this case. And I I usually use it, the for Google maps if I want to travel somewhere, and I want to check have to go there, this was an addition, also, if I have a nice idea to do something in my business or personal stuff, I use my smartphone to keep the notes to keep a note to remember my idea. So this is the moments during the day I have an idea in my shower or on the beach or somewhere and then I keep the note to remember this idea. And the idea could be related to both business or the leisure reasons. What else yeah maybe for these things, and then also check my calendar to see if I have anything during the day and that I want to do so I remember it.

Mattia Rainoldi: So all the times, so if you are working or enjoying a leisure activity um, is it possible that work or leisure because of technology winning through the other activities that you're doing?

P32: Can you repeat it or rephrase?

Mattia Rainoldi: Since you said you use these devices for for both purposes right so um, does it happen for you sometimes there is situation like the one that you were mentioning getting a call that happens often um, in which because you have in this technology work intrudes your leisure life?

P32: Oh yes, yes, sometimes it can happen, maybe, for example, I want to do something for the personal reasons and they have a notification let's say from a I have a business email notification or a business comment notifications things like that. Sometimes I'm curious to see the notification and read the comment or the message of the email, and I would say reply. So yeah sometimes it's happening.

Mattia Rainoldi: So you always have notifications on?

P32: Yes, I only turn off the notifications in a let's say group chats that are not related to work, for example, I have some group chats in the library, Telegram, WhatsApp, in messenger they are not related to work, they are related to a community with friends or a memberships or you know or the trainings that we do some people do things like that, and some of them are super active like hundreds of messages per day, so I turn off the notifications to avoid the distraction but I don't turn off the notifications for the business areas.

Mattia Rainoldi: Mhmm, so why is that?

P32: Um I think this is because I want to be sure that I that everything runs smoothly and that is no specific urge that I don't have an urgent request or something that my colleagues, maybe need and this why I don't turn off notifications. And I just want to check if to see of this is a like a a message or email that I can reply later tomorrow or Monday, if it is a weekend because there are times, for example, that the have some clients like 'P32, I have a deadline in hours can we do something about that'. And because of the of the urgency, I need to cut my plans and for the things I charge you four times more unless you there is a friend, or something like that. So, then, I want to decide, I need to decide if I want to make some good money let's say or a do my free time stuff since like okay go to cinema or getting 500 euros you know this deliver, for example, so if it is something in my free time my leisure activity that I can cancel and I cannot let it I can't do it, for example, but if there is something that is arranged maybe many days ago with friends, or my partner or something like that, not even a high ticket says let's say will cancel my leisure activities so it's also depending on the situation. And I remember one time I was on the beach and I have, I have also arranged the dinner with a family and friends and there was a guy that wanted to check within three hours. So I told him like very high price, um, he denied so I continued my leisure time so like I put a price um, to cancel my leisure time activities. If it is possible if I if I, for example, if my partner has birthday, of course I will go to his birthday. I will not cancel my plans, no matter the price let's say or if I'm in a new place and I have um, arranged some activities for this new place and I could only be there for two, three days, I will not cancel my plans.

Mattia Rainoldi: Yeah, I understand yeah. Great. So tell me a little bit more about notifications to just complete the picture here so which notifications do you have on, those from work you said and tell me a little bit more.

P32: Yeah I have notifications from Zoho, mail, from the social media like Facebook LinkedIn Instagram and TikTok, and notifications from Slack and what else, the Google calendar, most of the notifications are Google calendar, Zoho for email, Facebook and LinkedIn these are the apps the most the notifications I get every day.

Mattia Rainoldi: Mhmm. But this notification from social media like Instagram Facebook and LinkedIn that you were mentioning you said before, some of the social media Instagram and Facebook, they are for mixed purposes.

P32: Exactly.

Mattia Rainoldi: So, you might also get a notification from let's say the leisure side um, of this notifications. So how do you deal with it?

P32: Yes, um, if I have a notification that I want to check right now, I take it, if I want to read something later, um, for example, if I receive a message on LinkedIn or Facebook or messenger or an email, I read it, if it is something that I want to do later I click I might get us unread so to do that, to read it again later. If it is a notification for um, an activity that I want to do later, but I afraid that I will forget I usually either take a screenshot of the notification to take the screenshot later and come back to this notification or, I put the task on my calendar for example tomorrow evening at 7pm I read the this a 15 minute article, for example, or what's this a 10 minute video which could be the related for leisure time not just working reasons, so this how I manage them.

Mattia Rainoldi: Okay that's interesting yeah, is there anything else that you could tell me about it? Because a lot of interesting things are coming out right now is anything else that you could say?

P32: About the notifications, um, the interesting thing is that the if I use my smartphone, I can read part of the notification without reading it. So the social something that needs practicality faster, so I didn't need to open the notification, I can read like one or two lines and to recognize if it is something important or not yeah. This is also something like that or I also I also have to say I also have my settings from messenger in the LinkedIn that the people that they sent me a message, they are not able to check when I read the message and if I am online. So I reply anytime I like. I'm not afraid that somebody will miss-understood before replying later or um reading a message and didn't reply immediately and things like that so for avoid misunderstandings, I deactivated the online active status and the the reading let's say received.

Mattia Rainoldi: Okay. That's very interesting. Mhmm.

P32: Yeah and I did it for both there for the mix regions, so for both leisure and the business communications.

Mattia Rainoldi: Mhmm. Yeah. Very well. Let me think about a little bit more what can I ask you (laugh).

P32: Something more that they want to add here about the devices and my stuff is that because I'm traveling I use a backpack. And the hand luggage that they usually up to eight kilos of stuff like closing equipment and all these things and I limit my my items in this a in these things, so I can have the backpack and eight kilos of clothing and the beauty products and the equipment and all these things. I don't know if it's relevant for you but this is so that I have limited the devices and very limited cloths that I usually wash every week or every 10 days.

Mattia Rainoldi: Mhmm, mhmm. Basically, in the backpack 8kg in total with devices and everything else.

P32: It is eight kilos plus a backpack with laptops size.

Mattia Rainoldi: Ah plus, yeah.

P32: Laptop size, not the hiking one.

Mattia Rainoldi: Yes. That's fantastic. Great then let's get back here, and so we were discussing about situation in which working intruded your leisure time through technology and you gave me some example, if you have more of it just you can tell me more otherwise, can you maybe tell me um, the opposite example, so you are in your work life so in your work time you're doing work and because of technologies your leisure time intrudes into work, how does it happens, does it happen to you?

P32: Yeah this also happens I would probably I can probably receive a call for leisure reasons and this happens mainly with social media, in messaging like message in Facebook messenger and LinkedIn, not LinkedIn, actually Facebook messenger mainly Messager I received both business and personal messages, so I read all of them to to recognize which of them are in the business which one of them on business, and this is a sometimes a distract my attention, and I can reply to messages, instead of keeping you know the working momentum let's say.

Mattia Rainoldi: Do you have some strategy in place in order to avoid these distractions?

P32: Yes, if I receive messages from friends and relatives, I keep them unread till I finish my work.

Mattia Rainoldi: Okay.

P32: If I want to be super concentrated on something um, otherwise, if I have the flexibility that I finished on the edge and task and I will not be distracted I can reply to some personal stuff unless, if I can recognize that there is an urgent but in my mind, I feel that even something urgent, they will call me or they will give me an SMS.

Mattia Rainoldi: Mhmm. Yeah.

P32: For example, a few weeks ago I don't know if you if you read the news what's the news about Greece who have fires around Greece.

Mattia Rainoldi: Yes.

P32: So my sister was living in a place with a fire and I was also in an island that was surrounded by fire. So these kind of messages about what's going on with the fires that will distract with me for like one week every day but it was something that that I couldn't avoid because um, the fire was like two kilometres from the house my sister so it was very close. So it had my attention that everything is safe.

Mattia Rainoldi: Yeah, yeah I guess that is important yeah and have you also found yourself in a situation where it was difficult for you to keep up, I don't know, a good boundaries between work and leisure, like this one of your sister that you were saying?

P32: I remember sometimes that happened with personal relationships that sometimes I was distracted with a with partners especially the past. Now fortunately I have a partner that is really similar to my to my lifestyle has a similar lifestyle also do some numbers here on business. So we understand each other it is easier, but before that I have a partner that was an employee with a very different mindset very different lifestyle so she could not understand what I'm doing why and all these things, and it was very distracting, so a lot of misunderstandings let's say.

Mattia Rainoldi: Mhmm. Did it happen because of technology?

P32: I could say yes yeah part of it because, for example, maybe, she was texting me some messages. And if I was replying in few hours later, she got angry, because I replied the very late. I didn't meet her expectations to reply immediately (laugh).

Mattia Rainoldi: Yeah. So do you feel also these expectations from your clients to reply immediately?

P32: Well, not not very much because I schedule my things in a way, I schedule my my processes my working processes in a way that the clients if they leave a request for an offer from my website they receive an email notification they see the notification that I will reply within a three or four of working days, and if it is something super urgent, they should call me. So I have this a this thing, and if, if this is the case, the usual call me. I believe there are very few clients that misunderstanding these things like to how long it takes to meet or reply you this is like maybe one one to 100.

Mattia Rainoldi: Yeah, yeah I understand.

P32: I also deactivated the active status and the received on the LinkedIn messaging so they don't know when I read the messages, so they don't misunderstand me this way.

Mattia Rainoldi: What is exactly the benefit there for you?

P32: The benefit for me is that I can be flexible and to reply anytime I like without thinking that they would misunderstand me or the or they have bad thoughts about me, so I have cannot reply to a call, if I, if I can not the reply to the call if I cannot answer the call I send an automated SMS that I will call them later, but I'm busy, and I will call them later. So they also get the SMS even in this case I just I just I don't leave it, I reject but the code within automated SMS so they know that that I will call them later and they text me like 'okay, thank you see you later' and stuff.

Mattia Rainoldi: Do you have automated replies?

P32: Yes, so when they call me, I have the option to reject the goal through SMS and it has automated they have something ready some some missing missing um, it's a template that the when they call me I click this template and they get this automated message yeah like simular to out of office, out of office messages, but I do I have the code and then I click to reject. And the main challenge here is if if there is a client that has an urgent tasked to do. So if I don't reply um soon, I would probably lose a client and the client will go to another company another company, this is the biggest challenge here.

Mattia Rainoldi: Yeah I'm sure. Okay, so let's see if you have also some examples related to this question here. If you found yourself in situation in which everything technologies around using technologies, create situations for you in which work and leisure more undistinguishable, so you couldn't distinguish anymore, if it was work or leisure?

P32: If I couldn't distinguish if it was work or leisure?

Mattia Rainoldi: Yeah work and leisure mix together because of technology.

P32: Well, something that I have in my mind is that um, sometimes I received some messages on the the let's say um, Facebook that the the the want to make a call that the want to have a call with me a discussion with me or a meeting with me without saying, the purpose of the call or meeting, so I don't know if they need something personal or a business thing. I think this is something that happens, sometimes so good 'okay, you want to meet with me for what' (laugh), how long and where yeah sometimes this is um, confusing.

Mattia Rainoldi: Do you have any other example?

P32: Other example, maybe maybe some meetings maybe they will invite me in some meetings that I'm not sure if they are business related or leisure related, sometimes they are mixed, so this is also confusing.

Mattia Rainoldi: Mhmm, okay. So for you, what are the advantages that you see in using digital technologies for managing the relationship between work and leisure?

P32: The advantages that I'm very flexible. I can work anywhere anytime with technology and I can also use them for leisure. I can watch movies, listen to music, playing games maybe or chatting with friends or have video calls with friends um, plan my summer activities for, for example, I can work out like a few months ago, I was teaching online Kung Fu lessons (laugh) by using my laptop so I can do many things with technology, and I can combine. These what you're asking?

Mattia Rainoldi: Yeah, are there other advantages for you?

P32: Yeah some advantages for my leisure time I can use Google maps to go somewhere easier maybe I mean a lot that I want to recognize your plans, I have an application to recognize plans to to what is that, if it is the tableau or whatever and if I were to use public transportation, if I want to search for some local stores or restaurants or bars to check reviews or book a book an apartment or book a tour a guided tour or find a museums or other activities, such as a matter of horse riding, crafting um, natural sports, such as a waterfall or lakes or lakes or caves many things like that I use technology for for these things, and also for taking videos and photographs.

Mattia Rainoldi: Sure. And do you see also disadvantages in having technology that is used for both for work and leisure?

P32: Yes, I can I can use them for both work and leisure most advantages, for example, I can click on the video to simply App and record the video for business users or a take some photographs for the leisure time to remember some places or moments or take photos for professional social media posts and articles and things like that or sending something to my colleagues or my clients or taking screenshots for something that I like could be a place that I would like to visit in the future, or take a screenshot for an article for the ability to really relate to my business.

Mattia Rainoldi: And what about disadvantages?

P32: That, what is this is not the I can I have, I have access to a lot of information for both leisure and working activities. I have access to communicate with with many people around the world, even in a different continents, for example, I speak with friends and mentors or clients from the States, Canada, Australia, Africa, so many places. So these are for media because, because I can keep the communication with my friends in my relatives in the States. And I can also have clients from all over the world so I'm not limited to the Greek community or something like that.

Mattia Rainoldi: Mhmm. And disadvantages, so negative sides?

P32: If you have negative sides?

Mattia Rainoldi: Yeah of having so technologies that is used for leisure and work together, are there any disadvantages for you?

P32: The disadvantages be that could be distracting for doing things that are not related to technology. So, for example, if I want to visit the place let's say if I go to the beach. Do I really enjoy the beach or do I you know switch on my smartphone and just scrolling social media. So this is, this is a big the biggest and saddest disadvantage that it could be distracting or, I can do some activities without technology and without even recognizing spending more time with technology like I was like okay, I will take this thing for five minutes, and that is one hour even two hours and I skipped some activities that I wanted to do like working or working out or go for shopping or visiting a place, invite some friends or going for dancing swimming or whatever this a few this the biggest disadvantage and, of course, this is just about health. If I all day with a screen, it's also not good for health and I'm not moving, I'm sitting in the in the place in a place I'm not moving, and this is also not good for for my eyes.

Mattia Rainoldi: Yes. And how do you deal with the situation so like being on the beach and not enjoying the beach, how do you deal with it, what feelings do you have there?

P32: Well, when I have friends with me I don't use technology, so I spend my time with friends, if I am alone um, sometimes I use technology, while relaxing on the beach let's say or I take a book with me to read the book or do something else. This is how I deal with it.

Mattia Rainoldi: Okay. Great. We are slowly slowly coming to an end. Let me ask you some couple of more things. So do you believe that technology influences the time that you dedicate to work and leisure?

P32: Yes, definitely because if I didn't use technology and my work for be super limited. I should be yeah it would be limited because I couldn't communicate with other. I should reach people in person. So this is limiting regarding the people that I can meet, the area I am living and all these things so definitely it is very helpful it's like connected with my life (laugh). If without technology, I need to change everything of my business.

Mattia Rainoldi: Yeah so you're saying that also influences the space, the where you conduct your work?

P32: Yes, for example I promote my work through technology. If I don't use technology I need to change my marketing strategies.

Mattia Rainoldi: Yeah, mhmm, and let me just see here, do you ever disengage from technology?

P32: Um I did that I did the digital detox for for three days because of a self growth training because they didn't allow us to use um, devices, but also the rest of the days there were like to seven more days, not only using technology like four 5, 10 minutes per night. So very limited fix and I would only be checking my phone. I didn't have my laptop with me, I was only checking my smartphone to see if I have any urgent messages like life and death messages, otherwise I didn't reply (laugh).

Mattia Rainoldi: Fantastic. Good last question maybe.

P32: Mhmm.

Mattia Rainoldi: Um, last couple of questions. So how important is for you to use digital technology to manage the relationship between work and leisure?

P32: How important is to use them to manage work and leisure?

Mattia Rainoldi: Yeah.

P32: For me, it is very important, because I can be very organized by using technology, I can have a very structured schedule and at the same at the same time very flexible because I can I can change it anytime I can reschedule things and prioritize, and all this other stuff. If I don't use technology this will be very challenging for me because I need to remember everything was my brain. So it is really challenging to remember meeting meetings calls activities tasks or I should write them down somewhere like a notebook and but notebooks don't have this search button, so it is also challenging to to skip some some things or or or lose your notebook (laugh). So it is a yeah I feel very connected and I really like that I can use technology to one that's both my work and my little activities.

Mattia Rainoldi: Fantastic yeah. So last final question and I promise (laugh) we stop um, is there anything that important that is important for you to see that we didn't discuss about this topic that we're discussing work and leisure and the relationship between the two, and the role that technology plays in it?

P32: Well, yeah I think that is something so I'm currently exploring the work towards which is a new fifth of tourists work tool is because it is based on digital nomads and that's why there are some countries that they issued digital nomad visa nowadays, Greece um included in Greece and what's happening with those tourists, is that there are some packages like, for example, from 10 days up to one year as far as I seen on the social media not, for example, um, will go to Salzburg with a 20 people all together a to a place with private rooms, but come on keeps in open space living room and showers maybe bathrooms and all these things. And they will have breakfast together, then we work together or in our private groups and have lunch together. And to do half of group activities together after the work like or maybe during morning, so this has that I am kind of exploring because they want to just forget this are combining work and leisure activities. And you can meet other like-minded professionals, you can exchange ideas about the work, about the traveling about digital nomad, many things, you meet new people. And there are packages to visiting just one place or even traveled around the world, I have seen the packages it was $35,000 to travel around the world like but but very you know with um, an agency, like, for example, we start from Mexico, we stay in Mexico for 15 days, then we'll go to Colombia, then we go to Portugal, then to Iceland then to Japan, then to Singapore to Vietnam, Thailand, this is for one year, and digital nomad trip that is um, including accommodation, group activities, like tools or hiking and many things like that there's something about it find it very excited very exciting and I'm checking if I can join some of these trips or, if I can create my own tips was there may be some some partners and friends.

Mattia Rainoldi: Mhmm. That's very interesting yeah, thank you for saying that yeah.

P32: Yeah like this one, for example, this Airbnb was booked for my roommates from May till September and that are let's say two or three people that the living here and they have a lot of work because they the apartment can host up to eight people. So they have guests from all over the world. They do some parties. they work together. they do group activities, putting together so it's like working tourism, but not created not by an agency, but but by some friends.

Mattia Rainoldi: Mhmm. Oh nice nice to hear that, thank you. Okay do you still have something that you want to share with me?

P32: Yeah I think this is the the main things. I started traveling in European Union countries, because it is easier for practical it regarding technical communications and the insurance and traveling and passports and all the stuff. And the Atlantic, for example, to visit um, like in the southeast Asia like Vietnam, Thailand, Indonesia. And, but for this country's I need to make a bigger research, I am to do I need to do bigger research about insurance about if the technology and music is a fitting to these cultures, maybe any different plugs, for example, or different different cables. Maybe my devices converting or their social media and ability there, I know, in some countries, for example, Facebook is banned. So, what, what does it mean for my business if I go to a country without Facebook, I will lose my clients. So this is something that maybe we can add here that differ want to go to a different country, we should also consider the Internet connection, the devices, what websites websites are allowed, I know, for example, that WhatsApp is banned in some countries, Facebook is, but Instagram is, but some countries, so this is challenging for digital nomads that we need to consider or maybe the call for example let's figure out a way to make calls with my clients, because I could be charged, you know with my prices.

Mattia Rainoldi: Yeah. Okay. Then, well, thank you for all these insights that you shared with me. Um, I really enjoyed the conversation.

P32: Me too.

Mattia Rainoldi: So thanks again. And going to stop the recording now.