

**Time really does fly when you're having fun - FYI.**

By Jane Bolton.

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Time really does fly when you're having fun. According to research in the US, individuals experience timelessness if they are engrossed in captivating work activities. Dr Babis **Mainemelis**, an assistant professor of organisational behaviour, says: "It is not surprising that timelessness facilitates creativity... timelessness simply reflects the fact that you love your work." Dr **Mainemelis** recommends the design of work environments in which work gets done, is done well, and in which there is also a space for people to experience timelessness in their work day.