

The Millenials, Understanding this new generation

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Abstract

Millennials, also known as Generation Y, are the demographic cohort following Generation X and preceding Generation Z. Millennials are those individuals whose birth ranges between 1981 to 1996 Millennials are sometimes referred to as "echo boomers" due to a major surge in birth rates in the 1980s and 1990s, and because millennials are often the children of the baby boomers. The characteristics of millennials vary by region and by individual. Millennials as a group are independent, creative and efficient. They have special needs and they usually seek fairness, justice and diversity. Their expertise in technology, their ability to multitask and their desire for a balanced work schedule and family creates a source of satisfaction for them. They are looking for this type of flexibility to be institutionalized so that everyone can benefit from a more peaceful work experience. Millennials are entering the workplace and are experiencing tension with previous generations who have been there for decades. The overall experience today is that millennials are overworked, stressed, unhealthy and unhappy. Can this be worked out with changes in the workplace? Is it possible to have a work- life balance for the Millennial Generation?

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Biography:

Halim Ghafari has completed his Nursing degree at the age of 22 from the American University Of Beirut and followed this with a post graduate degree and earned an executive Masters in Business Administration from the same university in 2012. He handled different managerial roles throughout his professional career and is currently holding a role of Assistant Director of