

Parents who lack control at work may become more controlling at home

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Working at an office job typically involves giving up some measure of control—whether it involves abiding by a dress code, tracking billable hours, or arriving at 9AM sharp.

But [research](#) shows that workplaces that tilt too far into micromanaging territory wind up with unhappy, stressed-out, unmotivated, low-performing employees. And a [recent article](#) by Adam Grant, an organizational psychologist at the Wharton School of the University of Pennsylvania and author of *Originals*, argues denying employees autonomy also affects what kinds of parents they are at home.