

Interview Questions

1) Self-introduction

Hello, I am 49 years old, and I am the vice president of a well-known Internet company. My work focuses on project negotiation and team leadership, so I am not often influenced by the 996-work model. After divorcing my wife five years ago, I am currently single, childless and enjoying a quiet and fulfilling life, enjoying walking my dog, climbing mountains and reading in my spare time.

2) Personal Experiences with 996 Culture

A) Can you describe a typical workday under the 996 schedule?

My position insulates me from the daily stress of 996, but I am aware of the impact it has on team members. I respect their hard work and try to support them.

B) How has the 996-work culture affected your daily life and personal time?

Although I am not directly involved in 996, I am still concerned about the work-life balance of my employees as it relates to the long-term development and morale of the team.

C) Can you share any specific instances where the 996 culture significantly impacted your well-being?

I have experienced the uncertainty of the financial crisis, but now I have no mental stress, and I am more focused on how to create a better working environment for my team.

3) Psychological State

A) How would you describe your mental and emotional state while working under the 996 cultures?

As I grow older, I have a more stable attitude towards work and a strong sense of responsibility, but I am no longer as passionate as when I was younger.

B) Have you noticed any changes in your psychological health since you started working in this environment?

I have little mental stress at present, and even if I do, it has nothing to do with my work mode, but more to do with planning and thinking about the future.

C) What specific psychological challenges do you face regularly?

I relax by doing outdoor activities and reading. These habits help me keep a good state of mind and a clear mind.

4) Coping Mechanisms

A) What strategies do you use to cope with the stress of the 996-work schedule?

In the face of stress, I tend to take a positive attitude and manage effectively through proper planning and prioritization.

B) Have you sought professional help (e.g., therapy, counseling) to manage work-related stress? If so, how effective has it been?

Although I have not used the company's psychological counseling services directly, I think they are essential for the mental health of employees.

C) Do you feel that your coping mechanisms are sufficient to handle the stress you experience?

As a leader, I believe in providing necessary support to team members to help them better cope with stress at work and in life.

5) Support Systems and Interventions

A) Does your company provide any support or resources to help you manage stress?

As a senior member of the company, I understand and support the support system for employees such as health counseling and psychological counseling.

B) How effective are the support systems provided by your company?

I think these systems are essential for maintaining the physical and mental health of employees, especially in high-pressure work environments.

C) What additional support or resources would you like to see implemented in your workplace to help manage stress?

I expect the company to continuously optimize these support systems to ensure that every employee gets timely help when they need it.

6) Views on 996 Culture

A) What are your overall thoughts on the 996-work culture?

I am cautious about the 996 culture, thinking that it reflects the competitive pressures of the industry, but is not an ideal long-term working model.

B) Do you believe the 996 culture is sustainable in the long term? Why or why not?

I prefer to promote a more humane way of working, so that employees can enjoy their lives while ensuring the quality of their work.

C) What changes, if any, would you recommend improving the work culture in your industry?

I suggest that companies implement more flexible working systems, such as flexible working hours, and provide career development opportunities to stimulate employees' potential. At the same time, I am also planning my future and hope to realize my dream of traveling around the world soon.

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