This thesis used Bronfenbrenner’s Bioecological model to explore how individual differences, work and family contexts influence the work-life interface, measured as well-being, work engagement, and the absence of mental illnesses and burnout. A 3-wave, prospective panel design was used for the cross-sectional (Study 1) and longitudinal (Study 2) analyses. Study 1 found that the outcomes had a mosaic of significant predictors, but gender and working hours were not among these. Study 2 used non-nested longitudinal models to show the relative influence of past and present to the work-life interface outcomes. In summary, well-being was strongly persistent over time, but mental illnesses were less so, whilst the persistence of both work engagement and burnout were more varied. These outcomes were more likely for optimistic individuals with high self-efficacy, who worked in jobs they liked and where they could use their skills, and with less negative spillover between work and family domains.