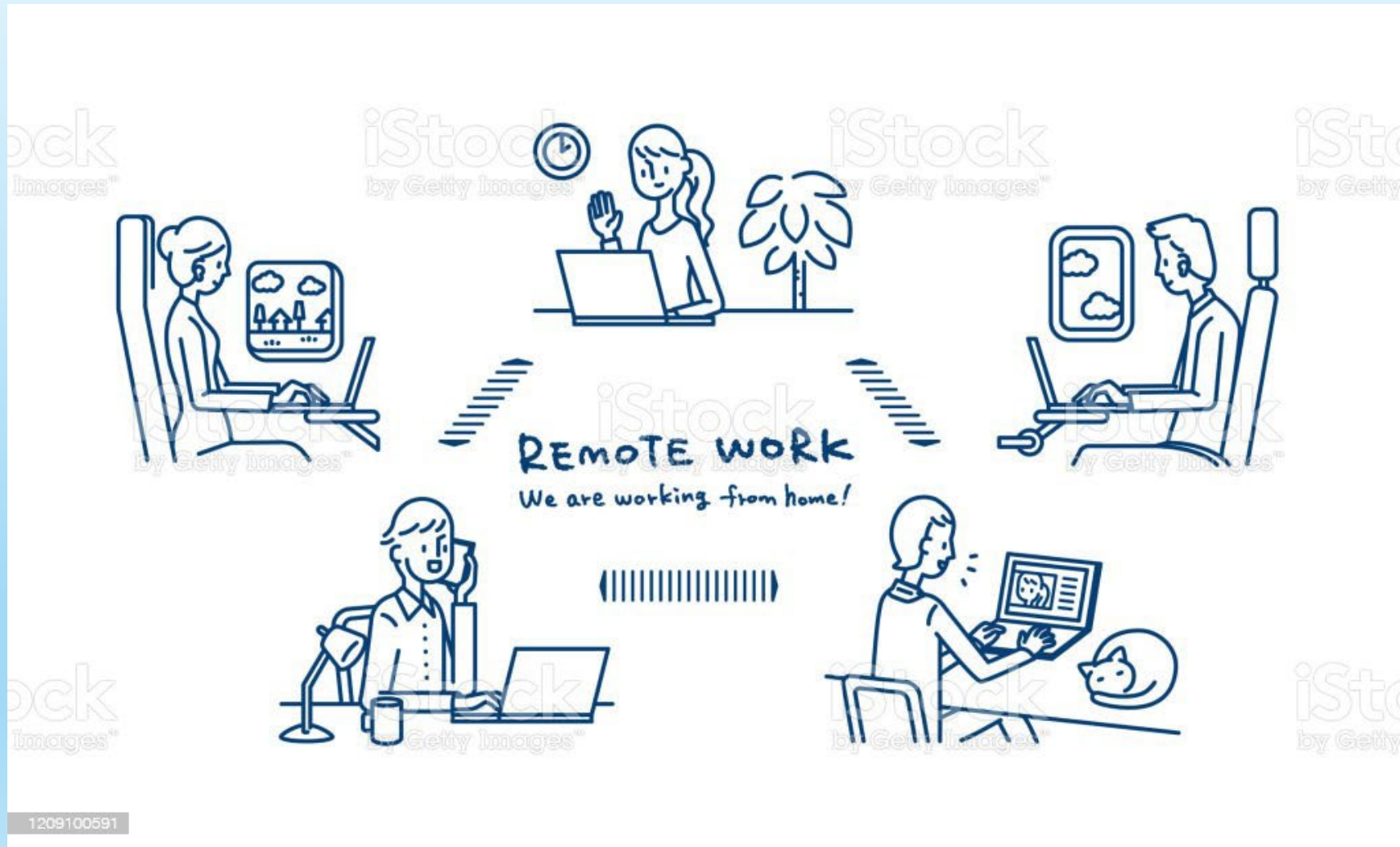


# Remote work: challenges and benefits, work-life balance



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# The growth of remote work

- Remote work describes the professional work environment that gives employees the flexibility to work outside the physical office.
- In 2019, before COVID-19 hit, around 8% of workers worldwide were already working remotely – that's 260 million people.
- 16% of companies in the world are 100% remote.
- 44% of companies don't allow remote work.
- 77% of remote workers say they're more productive when working from home.
- 85% of managers believe that having teams with remote workers will become the new norm.
- 74% of workers say that having the option to work remotely would make them less likely to leave a company.

# Challenges of remote work

1. Managing projects

2. Remote collaboration

3. Tracking tasks and productivity

4. Building/maintaining trust

5. Maximising productivity

6. Overcoming distractions

7. Staying motivated

8. Unplugging after work

9. Internet speed and audio/video quality

# Benefits of remote work

1. Increased productivity and engagement

2. Reduced costs

3. Fitting in family commitments with work

4. Elimination of wasted commuting time

5. Reduction in expensive office space

6. Improved work/life balance

7. Flexible working time

8. Improved geographical coverage

# Tips for balancing work and family



# Tips for balancing work and family

**1. Coordinate a new family schedule**

**2. Check in and reassess daily**

**3. Take regular breaks**

**4. Dedicate work and school space**

**5. Reset expectations**

# Thank You For Your Attention

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