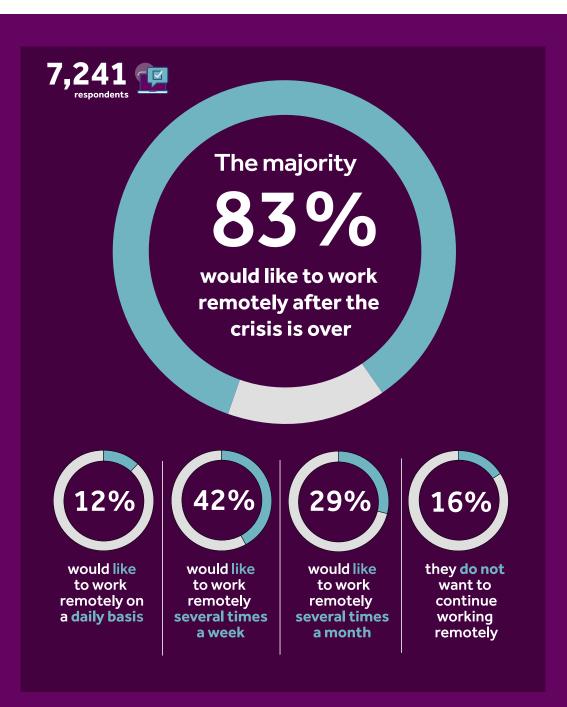
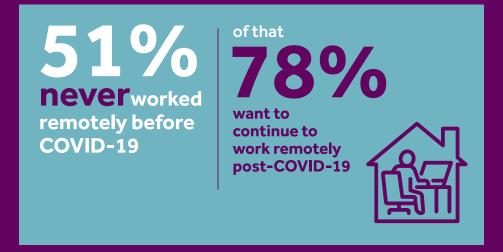


## **NATIONAL REMOTE WORKING STUDY**













## **NATIONAL REMOTE WORKING STUDY**



### **TOP 3**

#### **ADVANTAGES**

### **CHALLENGES**

- 1. no traffic and no commute
- reduced costs of going to work and commuting
- **3- greater flexibility** as to how to manage the working day



1. not being able to switch off from work



- collaboration and communication with colleagues and co-workers is harder
- 3. poor physical workspace



# **KEY RECOMMENDATIONS**

### **FOR EMPLOYERS**



Assist with provision of better and more ergonomic physical workspace



Better management of videoconferencing



Reduce expectations and workload to more realistic levels



Regular communication and check-ins



Provide a range of well-being supports



Managing annual leave and time off





## **NATIONAL REMOTE WORKING STUDY**





that their organisation is doing its best in the circumstances

