

The top 3 advantages of working from home

The changing nature of work means more of us are coming across the opportunity or even expectation to do our work from home.

For some industries, the standard five-day week at the office is transforming to make room for more flexible ways of working.

While tech can take us so far, working from home isn't possible for every role or industry. So if you are able to work remotely, keeping in mind the advantages this has can help you make the most of it.

Here are some of the key benefits of working from home.

1. Better work-life balance

When much of your time is spent at a workplace – or travelling to and from it – the idea of work-life balance can feel out of reach.

But when work takes place from your home base, there can be opportunities to restore the balance. Less commute time on crowded roads or public transport could mean more time with your family or for leisure – as well as potentially saving on transport costs.

There's also the comfort that comes from being in your own space, with your own things, and wearing what you like. Plus, it can be easier to stay on top of household duties by putting on a load of washing or letting meals cook while you work. You might find it simpler to schedule in exercise or just take a break by going for a walk around the block.

Looking more broadly, work-life balance matters to a lot of us – as it turns out, it's one of the top three drivers that attracts people to an organisation, and 92% of people feel work-life balance would affect their decision to change jobs or careers.

2. Improved productivity

Working from an office or busy workplace can mean having to work around distractions, or work with the norms of a shared space or team. Working remotely on the other hand can change up your space, schedule, and ways of working in favour of productivity.

Depending on your situation, working from home could mean fewer interruptions or distractions such as colleagues dropping by with a problem, or the rush of people coming and going at peak times.

There's a greater chance you'll be able to make your workspace what's most comfortable and effective for you – whether that's replicating an office set-up with a swivel chair and desk or opting for your couch.

While you might have virtual meetings, you could find you're freer to set up your day how you choose – and use that to maximise productivity by allocating certain tasks to times of day you feel most effective. This guide on [how to structure your day](#) could help.

The way you work could be more streamlined – a meeting might become an email; a long meeting a quick video check-in. There might be more need to plan out and prepare what you need before starting out on a task which in itself could be handy.

Your breaks could involve things you couldn't do at your workplace. Plus, putting on your favourite music or playing outside with a pet could be more refreshing than time spent scrolling social media at your desk or sitting in the communal break room.

3. Increased job satisfaction

Job satisfaction is a powerful thing. It can help you be more productive, keep you feeling engaged and motivated, and generally makes teams happier and more effective.

Flexible working arrangements – such as working from home – are considered the top work perk by around [59% of employees](#), and those who do are reportedly more satisfied with their jobs. This can contribute to higher staff retention rates, meaning

you're more likely to enjoy your job – and stay longer, too.

When it comes down to it, working from home can be a great way to work and continue to gain whatever it is you value most from your role – whether that's putting your skills to use, income, fulfilment, or being part of a team.

Be sure to stay connected with your colleagues, take breaks and make the most of your home set-up.

For tips on working remotely, check out [5 traits you need to work effectively from home](#)