

Accessible text to accompany “pros and cons of working from home” infographic

Positive column: No commute saves the individual time and cuts out unnecessary stress.

Negative column: But it also means no downtime on the way to / from work.

Positive column: Employees likely to save money – no travel fares, parking, or lunches bought in town.

Negative column: Towns suffer from not having workers in, spending money.

Positive column: Employees may feel more productive and get more done without office distractions.

Negative column: This is at the expense of collaboration and knowledge sharing.

Positive column: Tech is used to support collaboration, hybrid working and networking.

Negative column: There are challenges across organisational boundaries, and with technostress and safety issues.

Positive column: More flexibility with working hours can lead to a better work-life balance.

Negative column: But working from home can also lead to an “always on” mentality.

Boundaries between home and work become blurred.

(Logos in the footer of the infographic are for: Adapting offices for the future of work, the Economic and Social Research Council, and Leeds University Business School.)