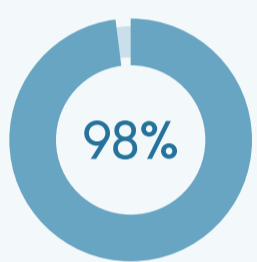# FACING REMOTE WORK CHALLENGES

If you're working remotely, you may face challenges that aren't present in a more traditional working environment. However, these challenges can be addressed with the right approach.

Continue reading for information on how to help overcome obstacles that may be present when working remotely.

98%

A recent study found that 98% of respondents would prefer to work remotely at least part of the time.[1]

Remote work offers many advantages, including flexible hours and the freedom to work from different locations. This flexibility can allow employees to create a work schedule that better fits their lifestyle, leading to improved work-life balance.

However, remote work isn't all positive. There are a different set of challenges remote workers must overcome—including feelings of isolation.

53%
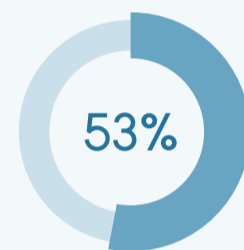
53% of remote workers say it's harder to feel connected to their coworkers.[2]

Without the daily interactions that come with working in a shared office space, remote workers can end up feeling disconnected from their team. This can lead to a lack of camaraderie, which can be an important aspect of a healthy and fulfilling work environment.

Additionally, communication can sometimes be less efficient in a remote setting, as it often relies on digital tools that may not always convey tone or context effectively. Finding ways to foster a stronger sense of community and connection among remote team members is useful in overcoming these challenges.

Here are some strategies for staying connected.

To combat the feelings of isolation that can accompany remote work, consider the following:

Use Collaboration Tools: If your employer hasn't already implemented tools like Slack or Microsoft Teams, suggest it as a way to stay in touch throughout the day.

Consider Keeping Your Camera On: While in virtual meetings, consider keeping your camera turned on so other participants can have a more personal connection with what you're saying. Encourage other coworkers in the meeting to do the same.

Virtual Water Cooler: Create a virtual space, such as a dedicated Slack or Teams channel, where coworkers can have casual conversations and share non-work-related updates.

Team-building Activities: Speak to your manager and suggest they organize virtual activities or social events to foster a stronger sense of cohesion amongst the team.

[1]"State of Remote Work 2023." *Buffer*, 2023.

[2]Parker, Kim. "About a third of U.S. workers who can work from home now do so all the time." *Pew Research Center*, 2023.

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