

## BENEFITS OF TELECOMMUTING

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Telecommuting is an employment arrangement in which the employee works outside of the employer's office. Often this means working from home or at a location close to home such as a coffee shop, library or co-working space.

Working from home is a lot more comfortable for lots of people. Employees can save a great deal of time and money since they do not have to travel so often, which means people will have more time for work, for themselves and even more time for loved ones. By working from home, it allows employees to improve their work-life balance giving them more time to fit in household chores around their working day which allows them to prepare their personal and family necessities. Employees get flexible schedule in working from home which gives them time to take breaks at any moment, feel no rush to hang up on their family, eat lunch at any weird time they want.

In addition, working from home can also lead to better health in a variety ways: more time for physical activity, the ability to eat healthier, the ability to recover from illness or surgery at home, less exposure to illness, and the option to create a comfortable and economic work space. Working from home can give employees the time and environment needs to make healthy choices.

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