

What. — So What?

HKS Remote Work Environment
Experience Survey Findings

04/29

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WHAT WE LEARNED:

**Virtual
connection can
be good for
mental health but
context matters.**

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SO WHAT?

**Balancing
time for work
meetings and
social connection
is critical.**

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Work meeting burnout is real.



Ratings of work/home balance improve with **fewer than 16 hours of virtual meetings a week.**

Consider prioritizing meetings where you need to be in attendance.

Make sure that when you do set your meetings, develop a clear agenda, aim for shorter time frames, and intentionally set the invite list to promote productivity.

Connect socially with your team and coworkers.



Those who virtually connect with their work team for happy hours or lunches reported their **happiness 15% higher** than those who don't.

Carving out even small amounts of time for these social connections can be well worth the investment in the long run.

Learn about our remote work findings and how they might help you at

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