

A Virtual Work Environment

Examining the Case
for Remote Work



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A Brief Introduction to the Current Work Climate

In 2020, the Coronavirus shocked the entire planet. Some industries such as transportation and shipping were disrupted tremendously, while other industries such as e-commerce flourished in this new way of life everyone had to adjust to. In the work place, we began to see a shift to remote work to comply with social distancing mandates as well as CDC guidelines for disease prevention. Proponents of on site work claim that employees are easier to manage in-office, while supporters of remote work believe that working remote is necessary for increasing employee productivity, improving employee mental health, and cutting down on commute times.

These statistics regarding work place meetings reflect just how urgent the matter is.

In the U.S there are about 55 million meetings taking place each week.



That equates to over 11 million per day.

Per year, that figure is over one billion.

The average employee attends eight meetings per week.

Time spent in meetings has increased annually about 8% to 10%.



Chapter 1:

The Issue: On Site Work and Meetings

Commute Times

"In 2019, the average the average one-way commute in the United States increased to a new high of 27.6 minutes." (census.gov) That equates to just over 4.5 hours per week of drive time. This statistic is especially exaggerated in places like the Bay Area where commute times can be upwards of 1 hour, one way. It is no question that a long commute significantly adds to stress, especially when one may be late to a meeting, or when one engages in road rage.

Mental Health / Work Life Balance

Maintaining a positive balance in life is arguably the most important thing for both employees and employers alike. Naturally, productivity increases when employees are happy and in an environment where they can thrive. Employees are often distracted by coworkers, ringing phones, loud conversations, and people moving around in the workplace. Additionally, "The average corporate employee spends four hours preparing for and attending meetings per week. With 58% of employees reporting that their meetings last over 30 min. And, 35% of employees agree that the two to five hours wasted on meetings each week leaves them with no benefits." (Zippia) Given how digitized the world is becoming, it makes sense to further the transition by accelerating the pace at which employers switch to remote work environments.

Chapter 2:

The Solution: Remote Work / Meetings

Increased Productivity

For people working from home, their day may begin on a positive note when they realize they no longer need to wake up 2 hours earlier than usual, and that they no longer need to stress about calculating what time they must leave to be able to grab their morning coffee and still be on time. This type of stress that is caused by a long commute or time crunch no longer exists when an employee is able to work remote.

More time then becomes available for hobbies and passions, which is essential for a productive employee. Additionally, meetings conducted virtually very well may be the biggest benefit to remote work. Time and energy spent planning and preparing is cut down when meetings can happen virtually and digitally.

Mental Health

Mental health is often over looked and undervalued when it comes to employees in the work place. Additionally, when it comes to the top talent in the job pool, creating a favorable work environment is key to retain and attract top talent. At a time with so much negativity in the world, it is more important than ever to have a healthy balance between work and ones passions.