



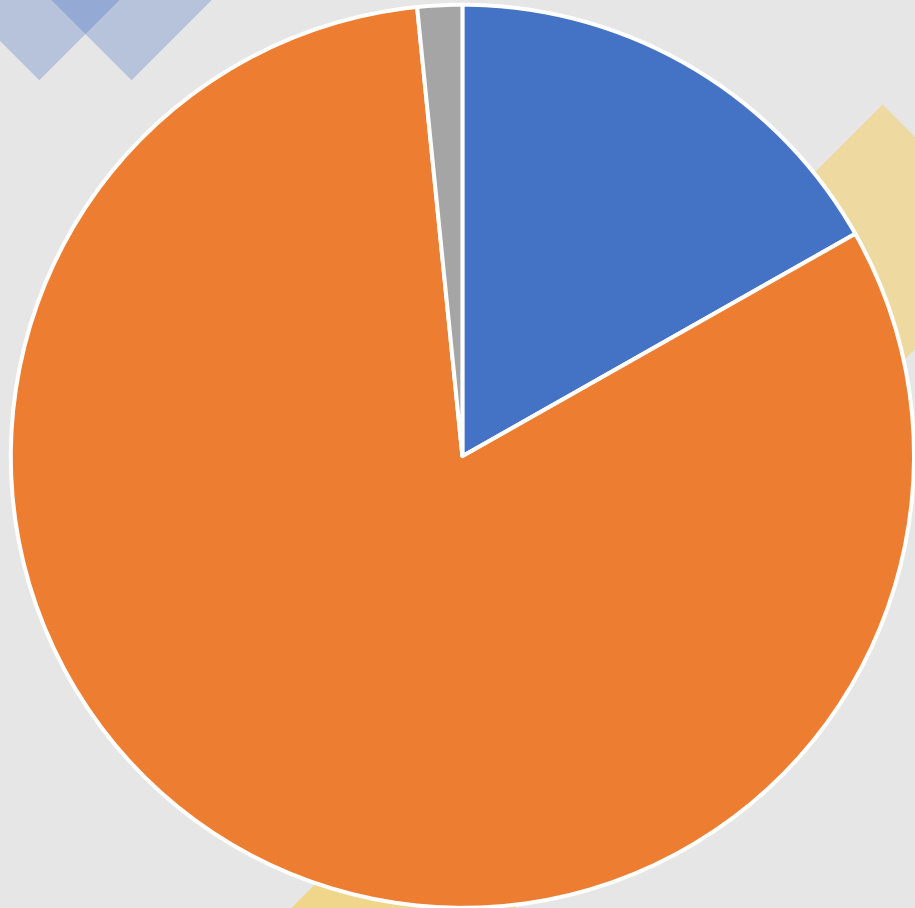
# Benefits of Remote Work

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# Methodology

- The survey data for this report was conducted in May 2020 and completed by 252 respondents who are currently contractors for Work At Home Vintage Experts (WAHVE) and provide professional insurance services to client companies across the united states.
- Of the respondents, 46% identified as working 20-30 hours per week, 43% identified as working more than 30 hours per week, and 11% identified as working less than 20 hours per week.
- As WAHVE contractors, all respondents were over the age of 50.

# In the beginning, were you apprehensive about working from home?



■ Yes ■ No ■ Indifferent

## 81.6% - No

*"I was excited about the change!"*

*"I was thrilled to be able to work from home."*

*"This was something I have wanted to do for a long time, just did not know how to go about it."*

*"Working from home was something I desired to do for many years. The traffic volume in Charlotte can be horrible at times!"*

*"Never had done it..37+ years in office... transition was surprisingly very smooth and welcoming!!"*

*"I was looking for something I could do from home."*



*“I DIDN'T THINK I WOULD BE ABLE TO JUST CONCENTRATE ON WORK AND NOT OTHER THINGS GOING ON.”*



*“I WAS WORRIED I WOULD NOT REMAIN PUNCTUAL AND PROFESSIONAL.”*



*“MAINLY WORRIED ABOUT COMPUTER CONNECTIVITY AND IT SUPPORT”*

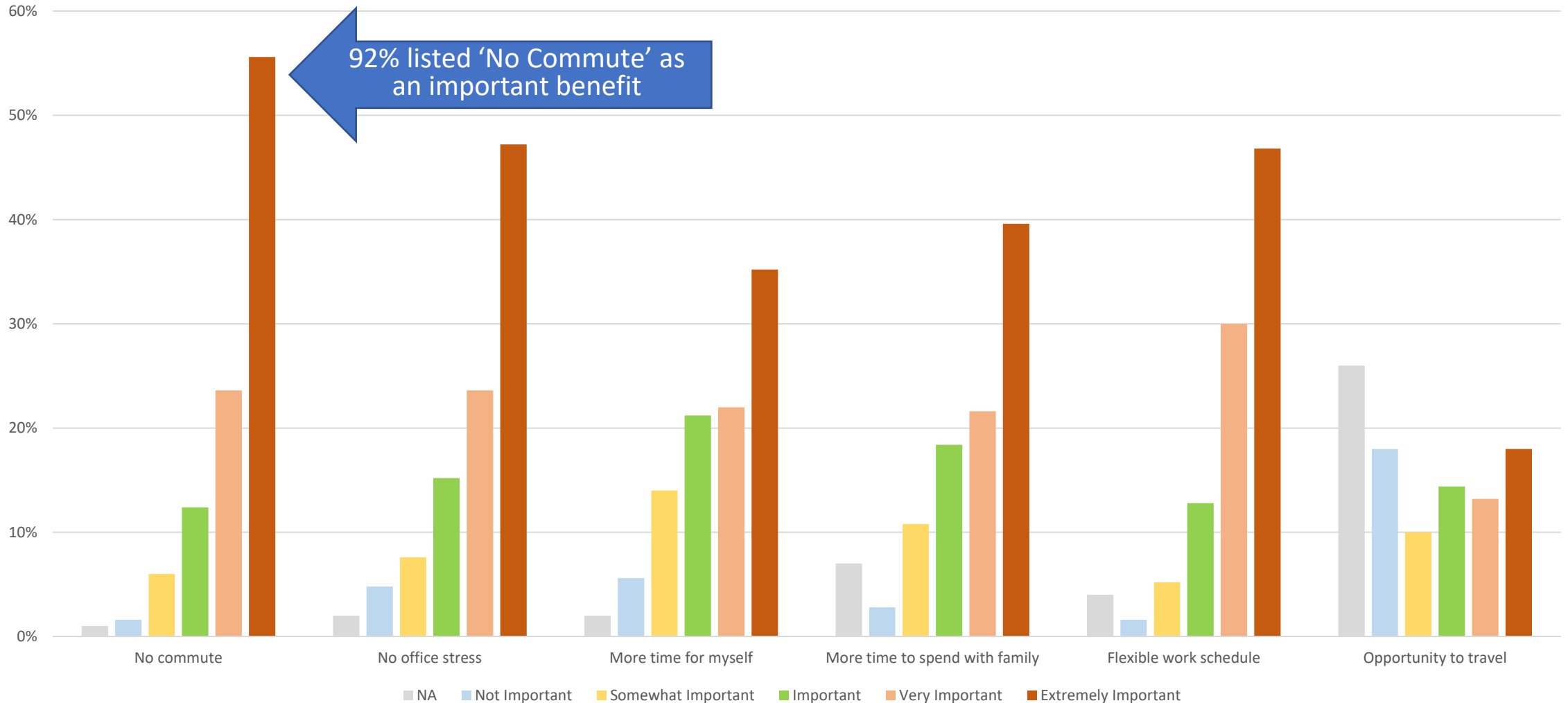


*“WASN'T SURE I WOULD HAVE THE DEDICATION TO SIT AT MY DESK LIKE YOU HAVE TO WHEN YOU "GO" TO WORK. BUT IT ACTUALLY TURNED OUT TO BE EASIER THAN I EXPECTED AND BETTER THAN GOING TO AN OFFICE.”*



*“I WAS AFRAID I'D MISS THE WORK ENVIRONMENT AND BEING AROUND MY PEERS.”*

# What are the best benefits of working from home?





*THE MOST IMPORTANT FOR ME IS I DON'T HAVE TO DRIVE. IT WAS THE ONLY THING I DISLIKED ABOUT GOING TO WORK.*



*MY HUSBAND IS HOUSEBOUND AND DISABLED, SO I NEED TO BE HOME FOR HIM.*



*MORE WORK DONE WITHOUT INTERRUPTIONS.*



*NOT HAVING TO COMMUTE SAVES TIME, MONEY, WEAR AND TEAR ON VEHICLE, INSURANCE COSTS, NO STRESS.*

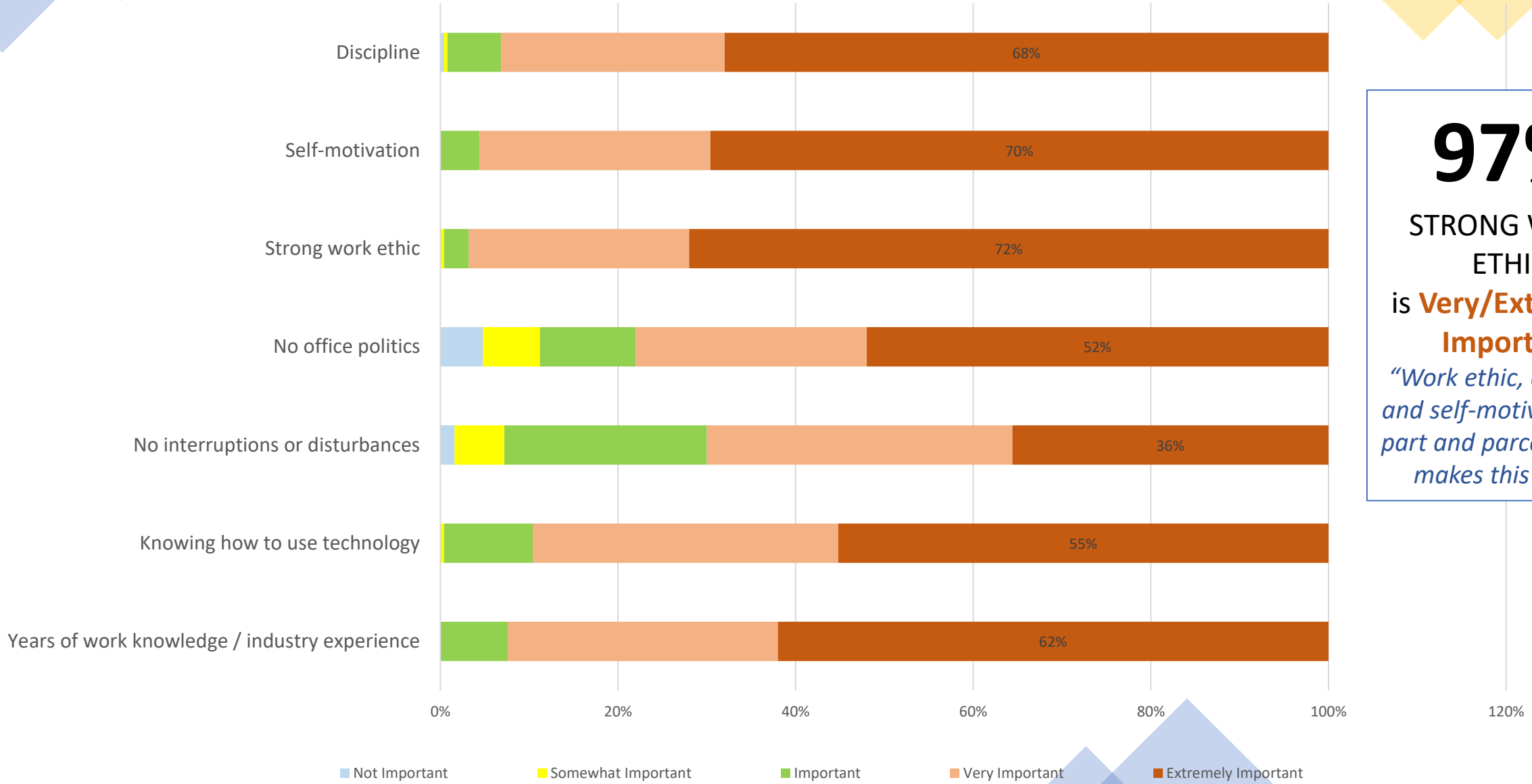


*FOR ME IS WAS BEING HOME WITH MY 5 DOGS. NO MORE DOG WALKER.*

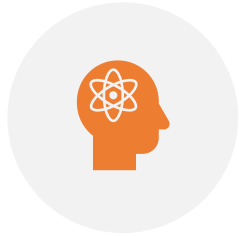


*EVEN THOUGH I WOULD TRAVEL TO CALIFORNIA TO SEE MY DAUGHTER AND FAMILY - I JUST TOOK MY LAPTOP AND WORKED WHILE I WAS THERE - NEVER MISSING A PAY DAY !!!!*

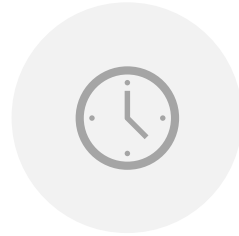
# Which factors contribute to you working from home successfully?



**97%**  
**STRONG WORK ETHIC**  
 is **Very/Extremely Important**  
*“Work ethic, discipline and self-motivation are part and parcel of what makes this work.”*



*“HAVING KNOWLEDGE OF THE INDUSTRY IS VITAL; TECHNOLOGY IS NECESSARY AS IT IS THE ONLY MEANS OF COMMUNICATION. WORK ETHIC, DISCIPLINE AND SELF-MOTIVATION ARE PART AND PARCEL OF WHAT MAKES THIS WORK.”*



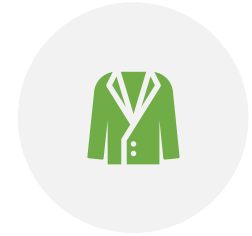
*“SEPARATING THE WORK TIME FROM HOME TIME IS VERY IMPORTANT FOR FOCUS.”*



*“I THINK WORKING FROM HOME REQUIRES MORE SELF DISCIPLINE THAN WORKING IN AN OFFICE.”*



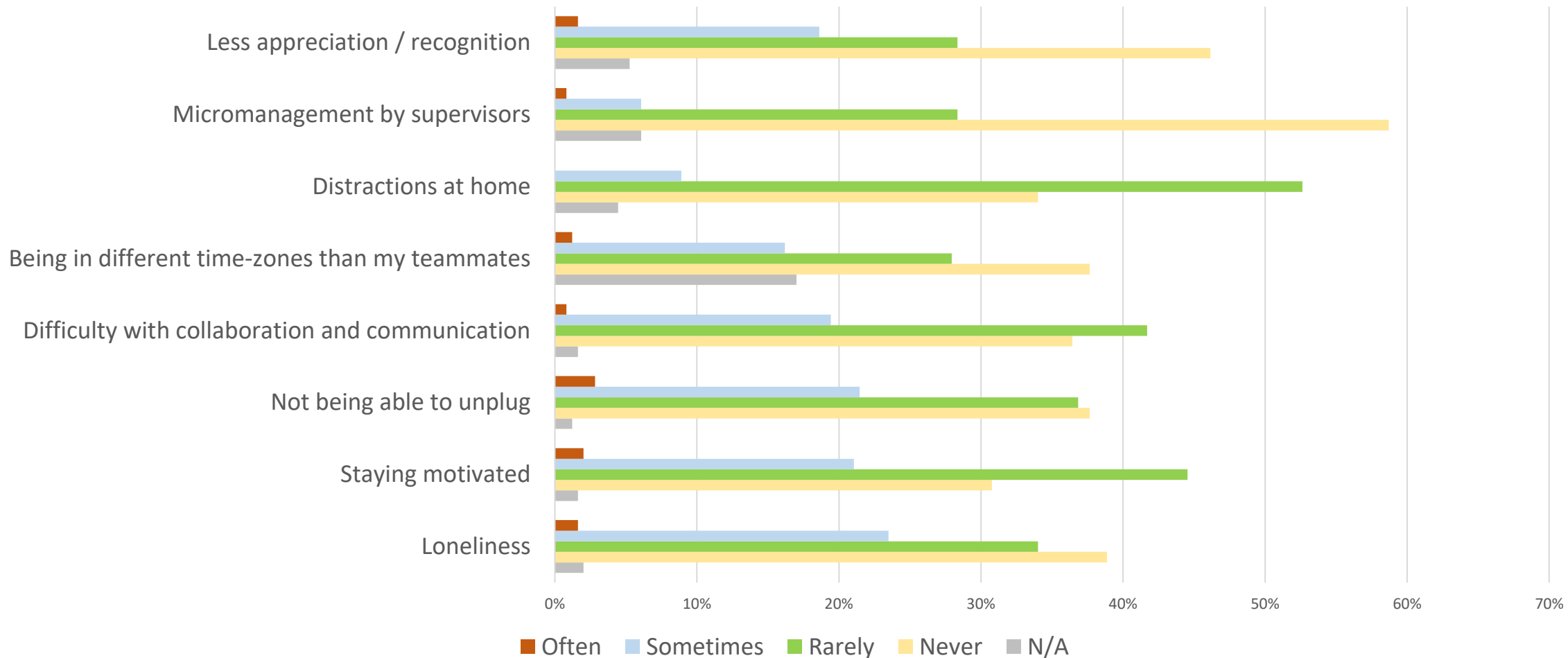
*“IT’S DEFINITELY NOT FOR EVERYONE. YOU HAVE TO BE ABLE TO COMPARTMENTALIZE - TO ACT AS IF YOU ARE WALKING INTO A PHYSICAL OFFICE IN THE MORNING AND GOING HOME AT NIGHT.”*



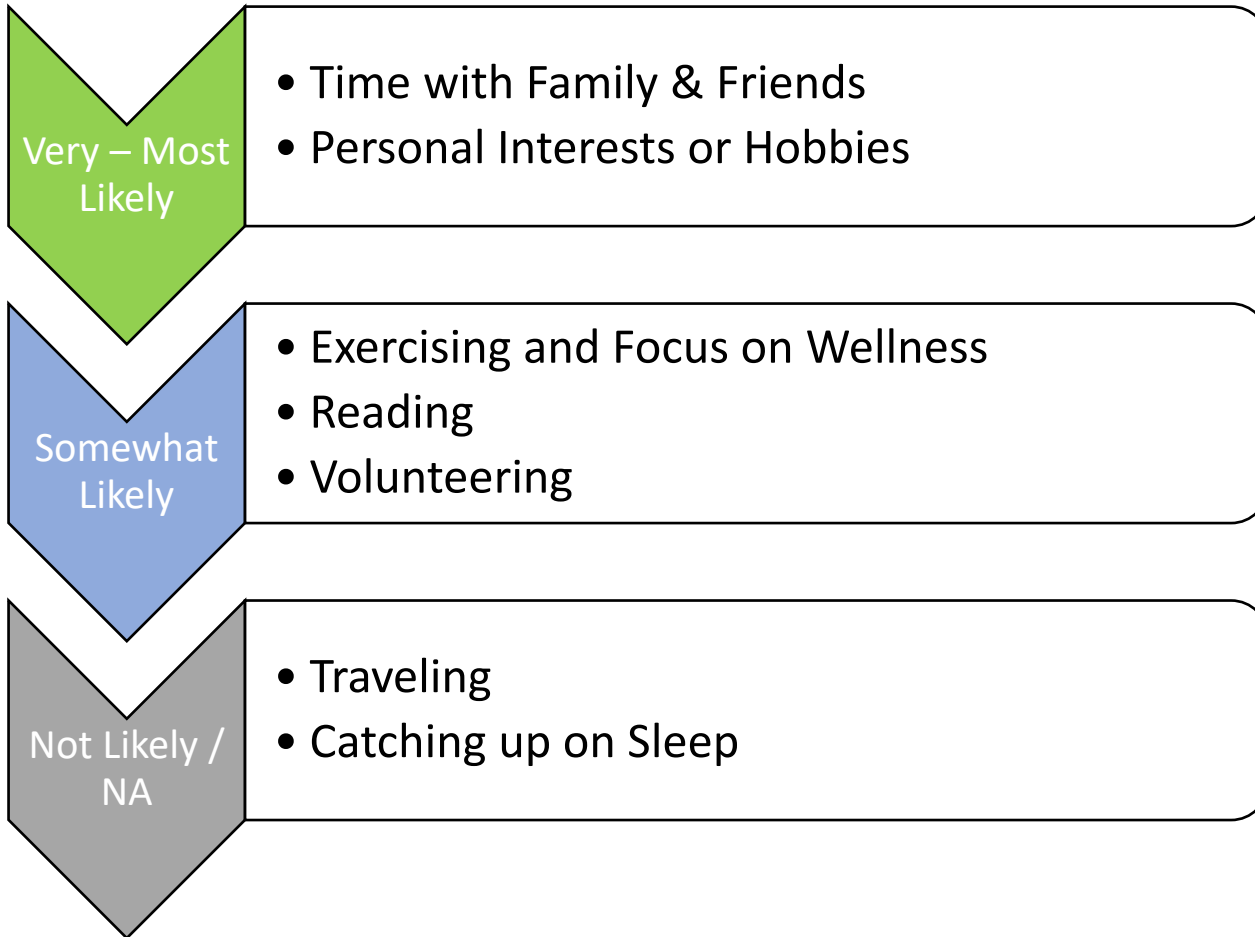
*“I STILL DRESS FOR WORK EACH MORNING THAT I WORK. PUTS ME IN A ‘WORK’ MINDSET.”*



## How often you encounter the common struggles of working from home?



## With more free time at home, how likely are you to spend your time on the following activities?



*“I own a horse and with the way my hours are set up I spend as much time as needed.”*

*“Active in church and lead the adult Sunday School class.”*

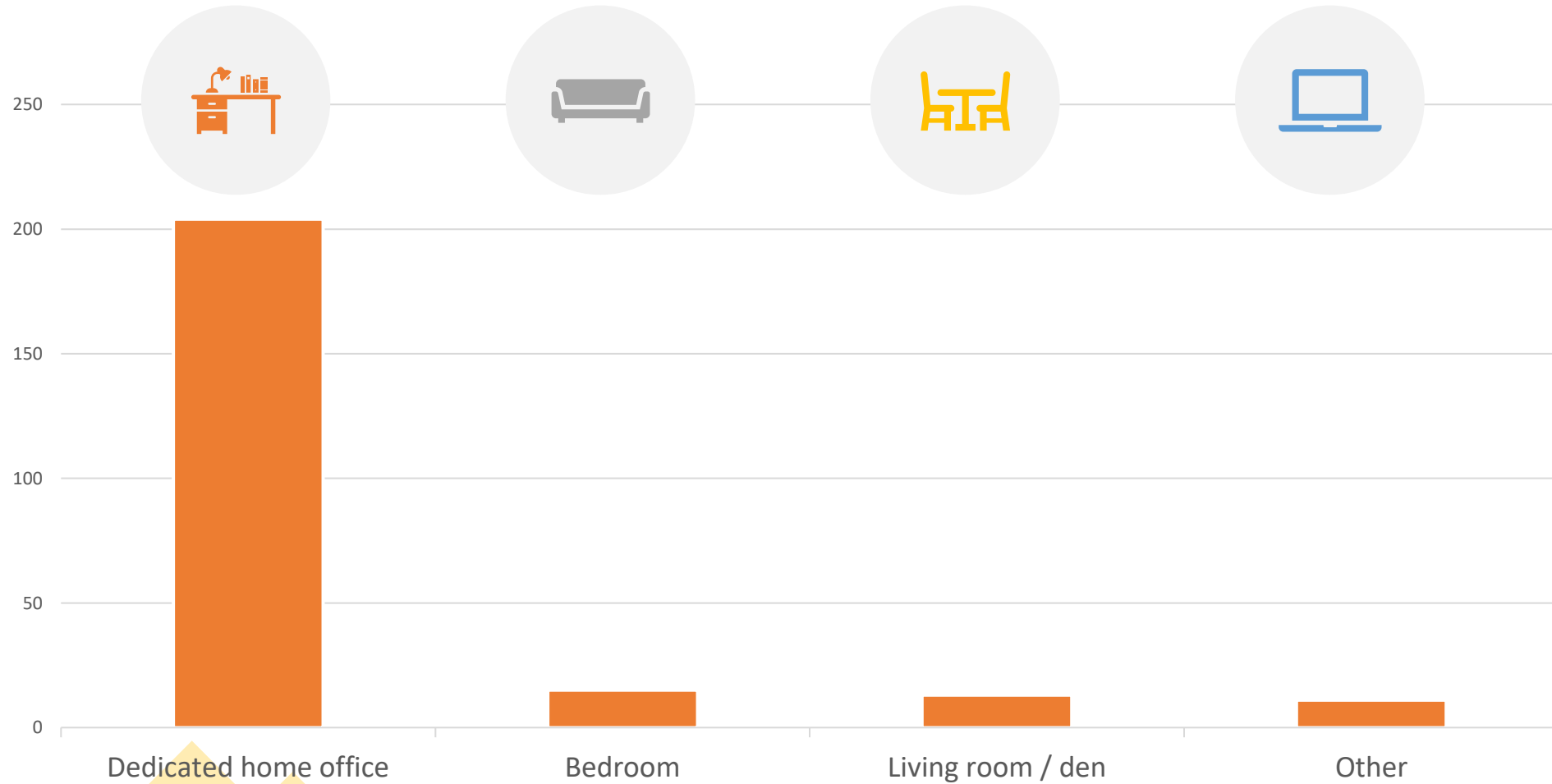
*“The flexible schedule allows me to plan getaways with friends!”*

*“I am able to work in my Art Studio more now! Able to travel and see my grandson and family more! Enjoying my gardening and home!!”*

*“I do sleep in later (have NEVER been a morning person) and do have time to do a little exercise, devotional time and some laundry in the morning.”*

*“Traveling will have to wait until after the pandemic has stopped and it is safe to travel.”*

# Where do you most often work from?





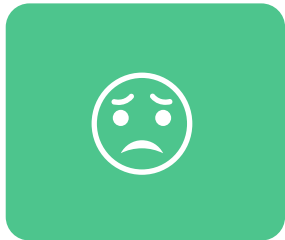
Work At Home Vintage Experts

**95%**  
WOULD RECOMMEND  
REMOTE WORK TO  
OTHERS  
*"I do, all the time"*



THE TRADITIONAL OFFICE

**51%** Don't Miss It  
**42%** Miss It Sometimes



STRESS LEVEL

**96%** Report LOWER Stress Level



CHALLENGES

Most Common Challenge:  
**TECHNOLOGY**



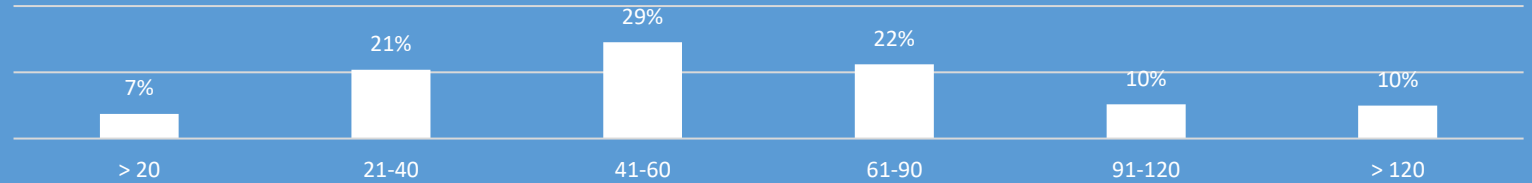
Work At Home Vintage Experts

# Savings



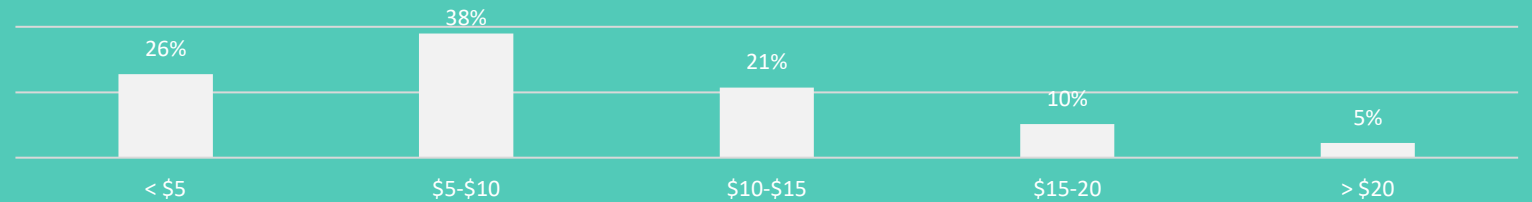
## Daily Commute

Minutes per Day



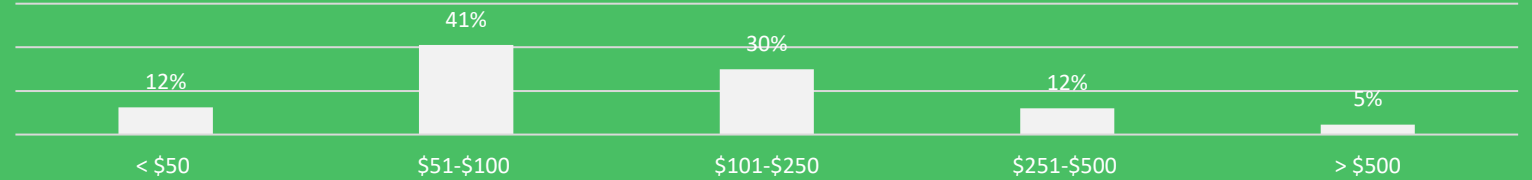
## Daily Meals

Dollars per Day



## Transportation

Dollars per Month



## Clothing

Dollars per Year

