S1 jobs Recruitment Insights: Employees WFH

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Working From Home

of people now work from home (WFH) at least part of the time, whether in a hybrid or fully remote capacity.

1 in 4 UK workers follow a hybrid work schedule.

16% working exclusively from home.



Advantages of WFH from employees perspective

Improve work life balance	78%
Fewer distractions	53%
Quicker to complete tasks	52%
Improved wellbeing	47%
Easier to think of new ideas	16%
Easier to work with others	12%
No advantages	8%

Disadvantages of WFH from employees perspective

Harder to work with others	48%
No disadvantages	31%
More distractions	26%
Reduced wellbeing	19%
Harder to think of new ideas	15%
Reduced work life balance	9%
Slower to complete work	9%

(Forbes, 2024)

Impact on Wellbeing and Job Satisfaction

Research indicates that remote work can reduce stress and improve mental health.

Challenges such as isolation and difficulty separating work from personal life.

(Hooson, 2024)

Popularity of Hybrid Work Models

of full-time employees support a hybrid 68% schedule.

of UK workers believe a hybrid model 60% would be most beneficial.

of Millennials and Gen Z workers 49% indicated they would quit if required to return to the office full-time.

(Forbes, 2024)

Where would the employee like to

Exclusively from home or remotely.

Half remotely and half in the office.

Majority remotely, but a day or 2 in the office/workplace.

Exclusively from the office or workplace.

15% Most of the week in the office, but a day or 2 working from home.

Not sure what's best for them.

(Forbes, 2024)

Strong Preference for Flexibility

73% of employees desire greater flexibility.

of employees would accept remote or 67% hybrid work if offered.

of British workers want the option to 57% of British workers work from home.

(What Workers Want, 2024)

Flexibility is Crucial for Job Retention

of workers without flexible options are contemplating a job move in the next year.

(What Workers Want, 2024)

Highlighting the importance of flexible policies in retaining talent.

Data disclaimer: Figures provided by s1jobs from internal and external sources

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