There are several ways to consider work from home is better than working from home, it is depending upon individual context.

Here are point that highlights the advantages of work from office.

**1. Structured environment:**

Office provides a dedicated workspace that helps employees maintain their routine and focus on work.

**2. Enhance communication:**

Face to face interaction that helps to improve our communication and reduce misunderstanding.

**3. Access Resources:**

Office provides us specialized equipment and give better services than are not available at home.

**4. Social interaction:**

Regular interaction it’s improve our social bond and reduce loneliness.

**5. Professional development:**

Office provides more opportunities for mentorship and networking.

**6. Routine and discipline:**

The office environment encourages discipline and consistent schedule.