**Impact of Remote Work**

The Impact of Remote Work on Productivity and Work-Life Balance. First, Impact of Remote Work on is the Impact of Remote Work on Productivity and Work-Life Balance. Impact of Remote Work on is not have confident, not can meet new people, loss of Communication with new people in the work and little known people, they didn’t have a new mindset at work, can become a quiet person, also like to be lonely. Remote work offers employees the flexibility to manage their work schedules more effectively, allowing them to strike a better balance between professional and personal responsibilities. This improved work-life balance leads to higher job satisfaction and overall well-being. Practical in society I have seen a lot of people looking for work, and work part time, work full time, work when night, work on productivity and work at office. Moreover, being remote allows employees to work in comfortable settings that encourage creativity and are tailored to their individual work styles. Employees with location flexibility report 4 percent higher productivity scores than fully in-office workers. Because the employee have to the time management in the work between at home and at office. They are less likely to experience high levels of stress and burnout. This can lead to improved mental and physical health, as well as increased energy and motivation to perform well at work. Employees can have free time, two rooms, they are already working on his work, and they have time a lot, if they go to the office, there are also a lot of problems, such as traveling to the office far, the road is blocked. If employee did work at the home, it is reduction in commute time, costs, and associated stress, leading to more time to manage other parts of life more efficiently, causing less work-life conflict. Ability to balance work and home life more easily. Second, Work-Life Balance is lower levels of absence, sickness and stress. Employee have their desire to succeed professionally can push us to set aside their own well-being. Creating a harmonious work-life balance or work-life integration is critical, though, to improve not only their physical, emotional and mental well-being, but also to succeed in their career. In addition, improving our work-life balance means making an effort to find the best way to spend their time so we have thrive at the office and at home. How to improve work-life balance are plan ahead, embrace the way your brain works, end work at a certain time, take time off, and practice mindfulness. Work-life balance is less about dividing the hours in your day evenly between work and personal life and more about having the flexibility to get things done in their professional life while still having time and energy to enjoy our personal life. In conclusion, the findings suggest that remote work offers employees increased flexibility and autonomy over their work schedules, leading to improved work-life integration and satisfaction. However, challenges such as blurred boundaries and social isolation can affect work-life balance negatively.