# The Future of WFH

**Nick Bloom (Stanford)** 

Atlanta Fed, October 2<sup>nd</sup> 2024



#### The New Hork Times

### Even Zoom Is Making People Return to the Office

The tech company that helped millions of people work from home is finally tired of its employees being far away. It's not the only one that feels that way.







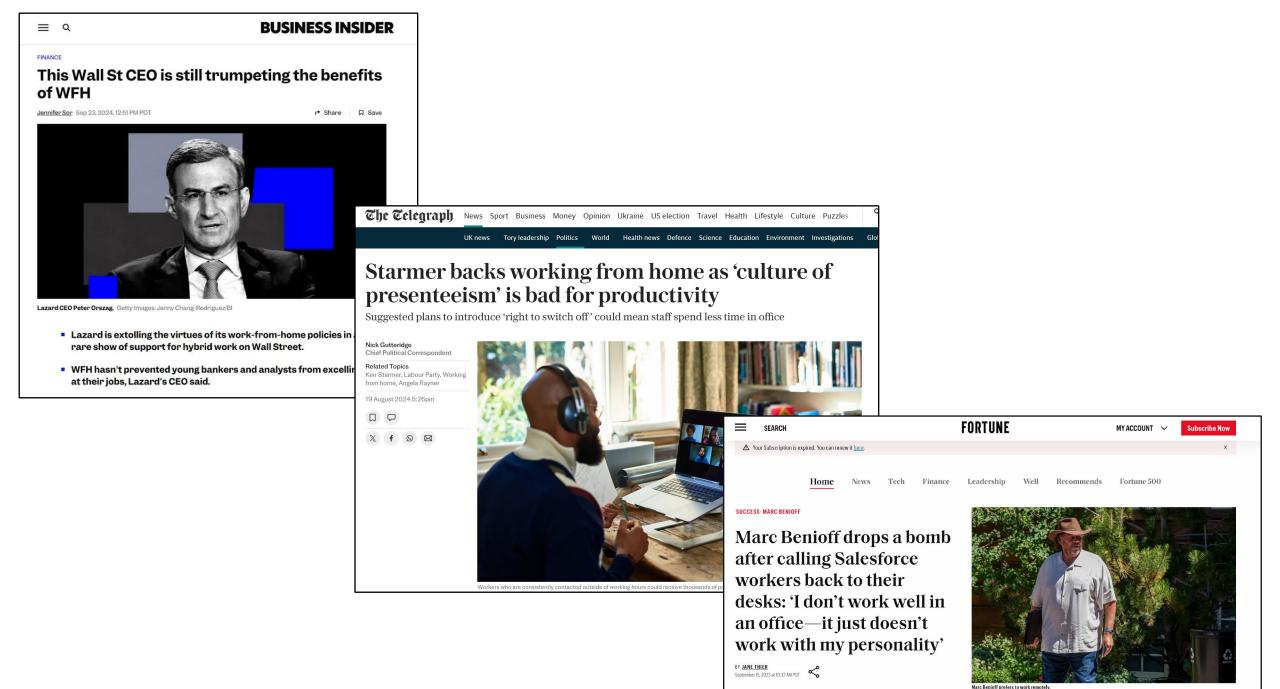




The company behind popular video conferencing software has mandated that its employees return to working in the office, at least part-time. Justin Sullivan/Getty Images



#### Bloomberg Markets ∨ Economics Industries Tech Politics Businessweek Opinion More ∨ BTV's Special Coverage of US Vice Presidential Debate Return to Office: \$1.3 Trillion Problem | Empty Offices | Worker Burnout | Career Risk | Killing the Work-Life Balance **McKinsey Weighs Asking Staffers to** Work Shift Productivity **Come to Office More Often** Senior partners in Miami, Boston told staff of possible change ■ Several big firms have sought to limit remote work recently By Ambereen Choudhury and Amy Bainbridge October 1, 2024 at 2:43 PM PDT fff Gift this article ∩ Listen 2:51 McKinsey & Co. is considering upping the amount of days it expects McKinsey & Co Inc staffers across North America to spend in the office each week as the



# Going to cover three sections

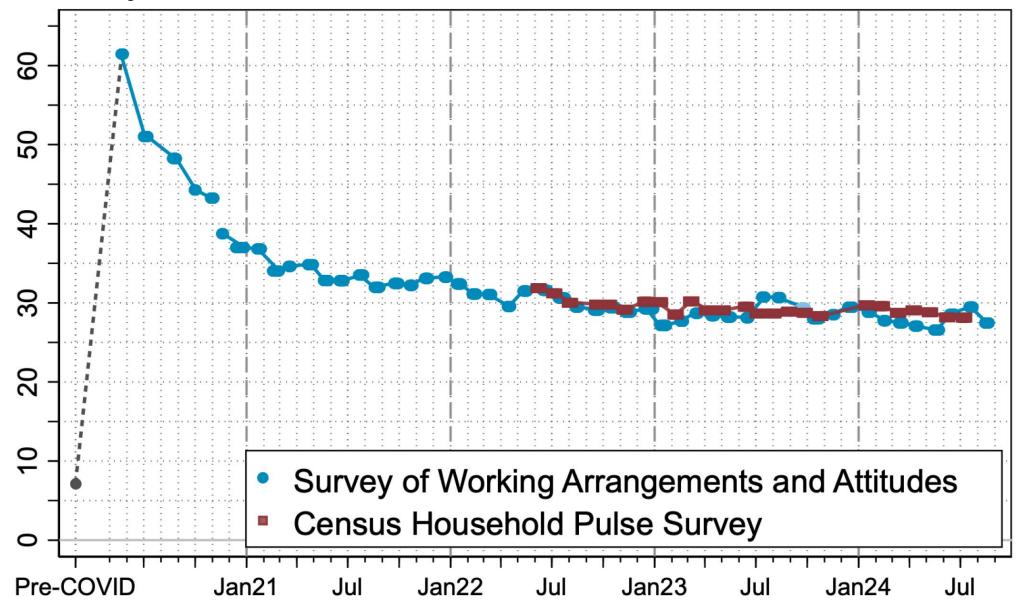
>>>> Current state of working from home

>>>> Thoughts on managing hybrid and remote

>>> Four impacts on the economy

# WFH is stabilizing at about 25% of days: a 5-fold jump vs 2019

**US full days worked from home, %** 

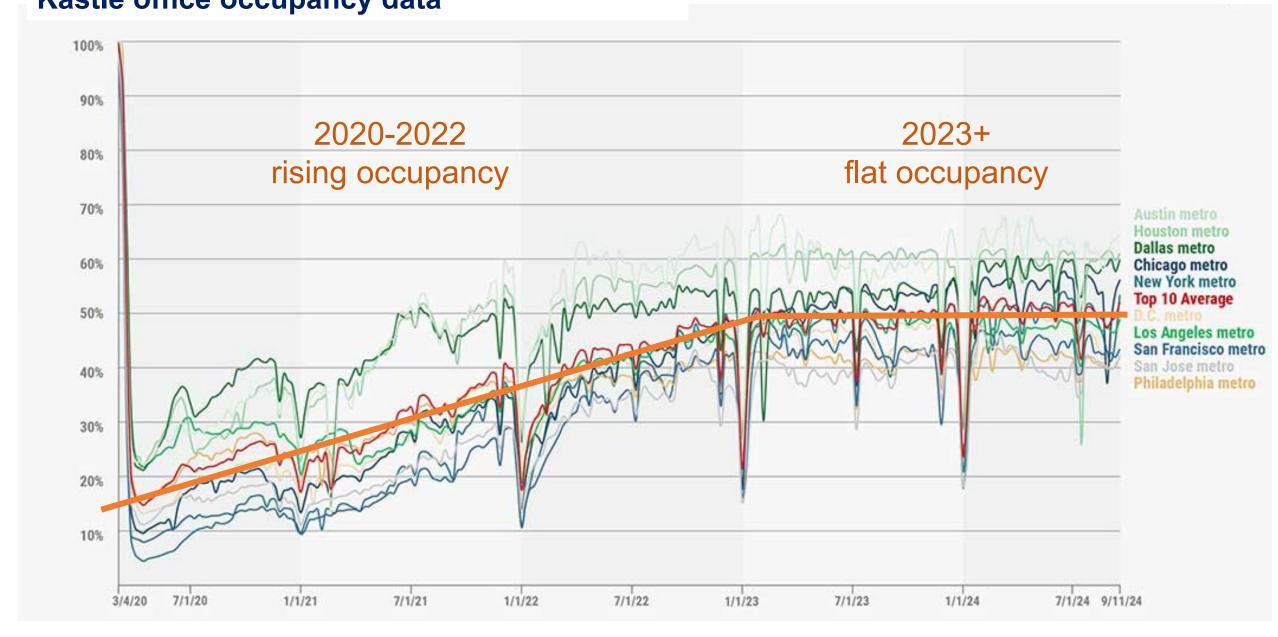


Source: N=198,742 (SWAA) N = 866,373 (HHP) SWAA data from responses survey weighted to match the US population. Pre-covid data from the American Time Use Survey. **CHPS** respondents weighted to match the US population 20 to aged households with incomes above \$25,000.

Survey of Workplace Attitudes and Arrangements (Barrero, Bloom and Davis 2021) https://wfhresearch.com/

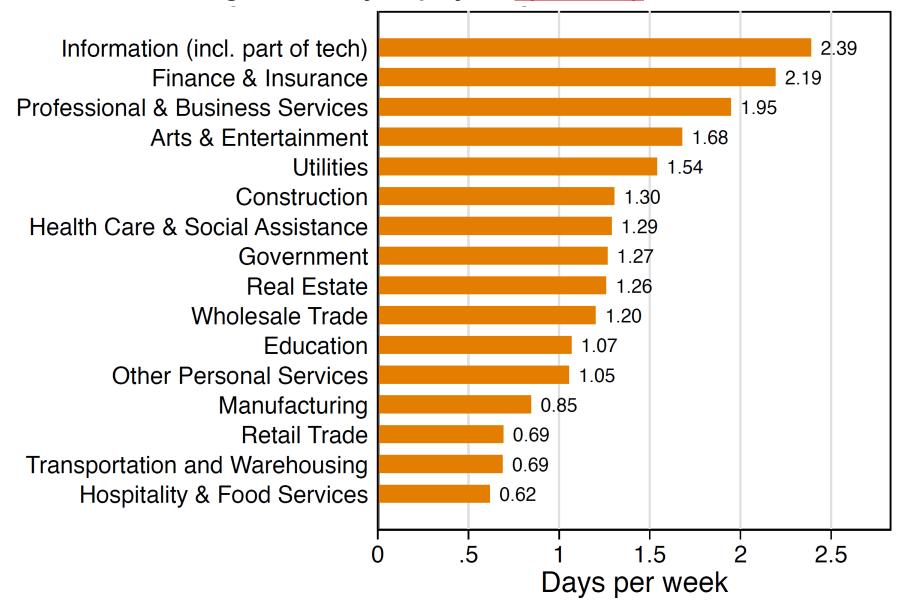
# Office occupancy also stabilizing at about 50% of 2019 levels





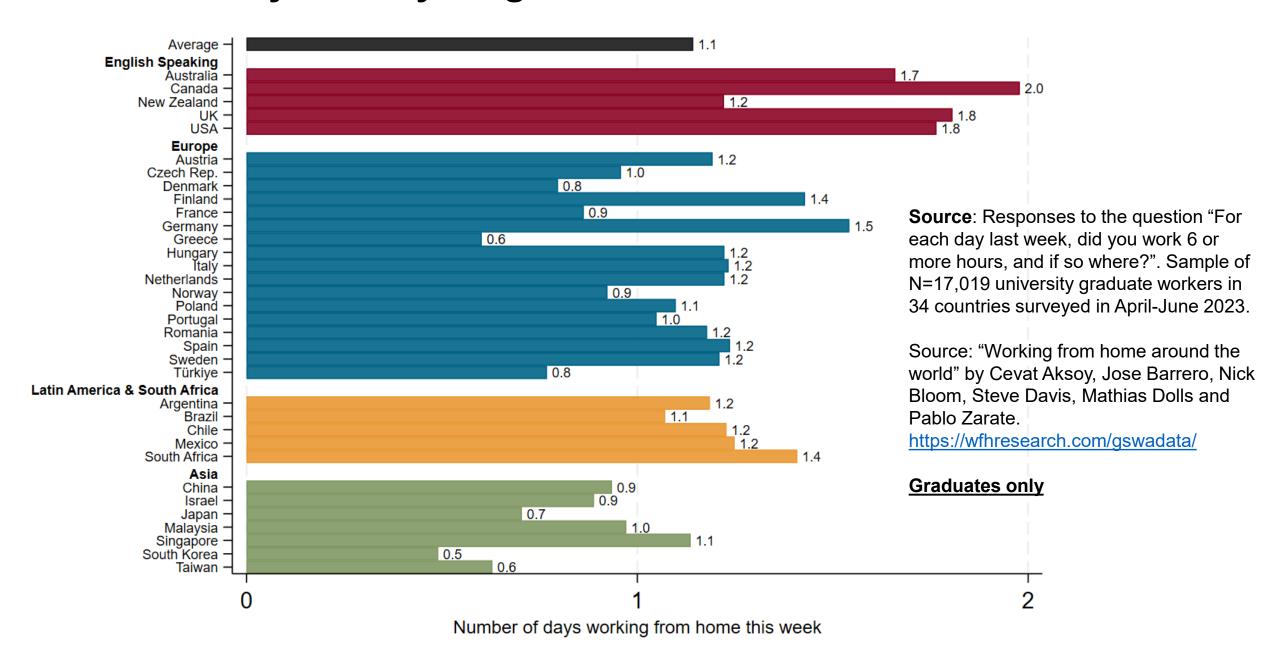
## WFH varies by industry – highest in tech and finance

**Current WFH: all wage and salary employees by industry** 

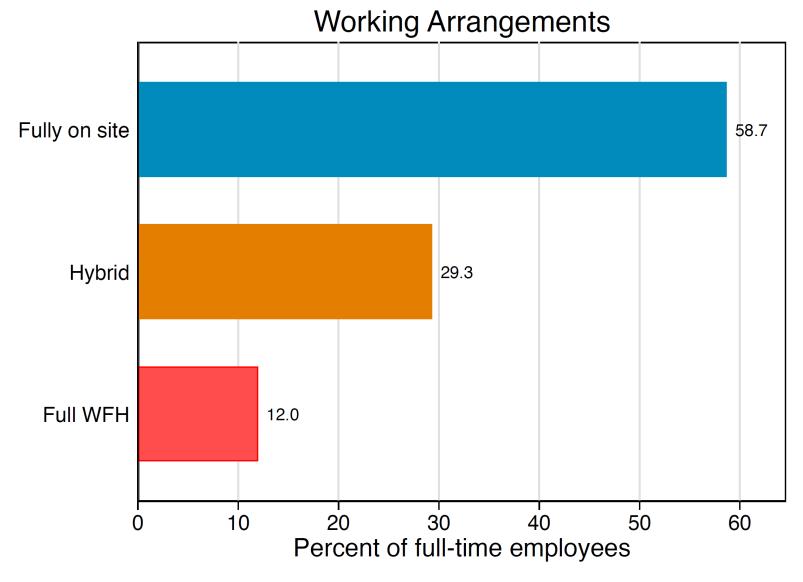


**Notes**: Survey of Workplace Attitudes and Arrangements <a href="https://www.wfhresearch.com">www.wfhresearch.com</a> Sample from January 2023 to June 2023

# WFH varies by country - highest in North America and UK



# But not everyone gets to WFH – most employees come in every day



Front-line employees, mostly non-graduates, lower paid,

Professionals and managers, mostly graduates, higher paid

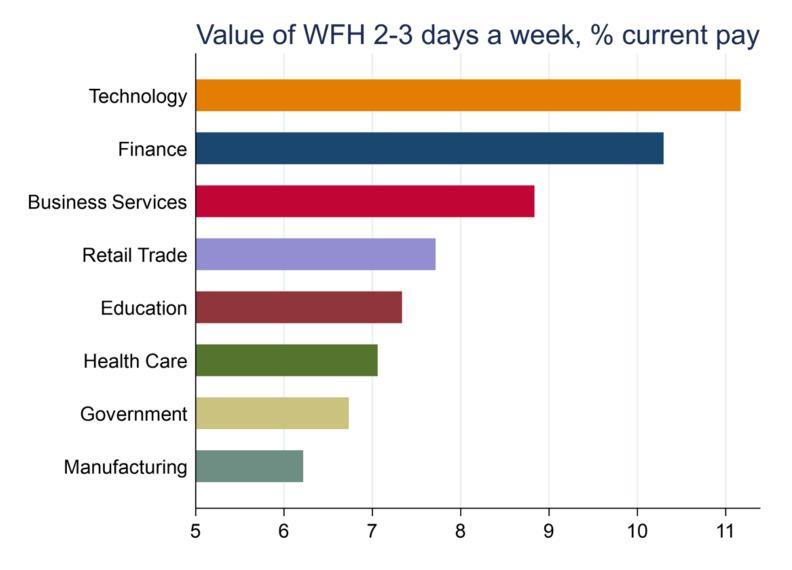
Specialized roles - IT support, payroll etc, often contractors

**Source:** The sample covers the March 2023 to June 2023 waves of the SWAA. Details on <a href="https://wfhresearch.com/">https://wfhresearch.com/</a>

# Four Key factors driving WFH choice (focus on the first two – the key drivers)

- 1. Happiness (→recruitment and retention)
- 2. Productivity
- 3. Space
- 4. Talent

# Happiness: Employees like hybrid about as much as 8% more pay...



**Source:** Data from 17,087 responses through 2021, reweighted to match US population. Industries with 1000+ respondents. Details on <a href="https://wfhresearch.com/">https://wfhresearch.com/</a>

# RCT on 1612 engineers, marketing and finance professionals found hybrid WFH reduced quit rates 35% (and no performance impact)

# Hybrid working from home improves retention without damaging performance

nature

https://doi.org/10.1038/s41586-024-07500-2 Nicholas Bloom<sup>1,5,22</sup>, Ruobing Han<sup>2,5,22</sup> & James Liang<sup>3,4,22</sup>

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Working from home has become standard for employees with a university degree. The most common scheme, which has been adopted by around 100 million employees in Europe and North America, is a hybrid schedule, in which individuals spend a mix of days at home and at work each week12. However, the effects of hybrid working on employees and firms have been debated, and some executives argue that it damages productivity, innovation and career development3-5. Here we ran a six-month randomized control trial investigating the effects of hybrid working from home on 1,612 employees in a Chinese technology company in 2021-2022. We found that hybrid working improved job satisfaction and reduced quit rates by one-third. The reduction in quit rates was significant for non-managers, female employees and those with long commutes. Null equivalence tests showed that hybrid working did not affect performance grades over the next two years of reviews. We found no evidence for a difference in promotions over the next two years overall, or for any major employee subgroup. Finally, null equivalence tests showed that hybrid working had no effect on the lines of code written by computer-engineer employees. We also found that the 395 managers in the experiment revised their surveyed views about the effect of hybrid working on productivity, from a perceived negative effect (-2.6% on average) before the experiment to a perceived positive one (+1.0%) after the experiment. These results indicate that a hybrid schedule with two days a week working from home does not damage performance.

Working from home (WFH) surged after the COVID-19 pandemic, with university-graduate employees typically WFH for one to two days a week during 2023 (refs. 2,6). Previous causal research on WFH has focused on employees who are fully remote, usually working on independent tasks in call-centre, data-entry and helpdesk roles. This literature has found that the effects of fully remote working on productivity are often negative, which has resulted in calls to curtail WFH<sup>6-12</sup>. However, there are two challenges when it comes to interpreting this literature. First, more than 70% of employees WFH globally are on a hybrid schedule. This group comprises more than 100 million individuals, with the most common working pattern being three days a week in the office and two days a week at home<sup>2,50</sup>. Second, most employees who are regularly WFH are university graduates in creative teamjobs that are important in science, law, finance, information technology (IT) and other industries, rather than performing repetitive data-entry or call processing tasks<sup>501</sup>.

This paper addresses the gap in previous studies in two key ways. First, it uses a randomized control trial to examine the causal effect of a hybrid schedule in which employees are allowed to WFH two days per week. Second, it focuses on university-graduate employees in software engineering, marketing, accounting and finance, whose activities are mainly creative team tasks.

Our study describes a randomized control trial from August 2021 to January 2022, which involved 1,612 graduate employees in the Airfare

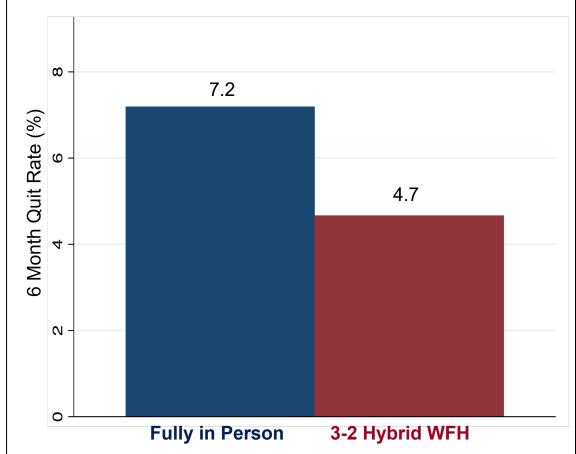
and IT divisions of a large Chinese travel technology multinational called Trip.com. Employees were randomized by even or odd birth-days into the option to WFH on Wednesday and Friday and come into the office on the other three days, or to come into the office on all five days.

We found that in the hybrid WFH ('treatment') group, attrition rates dropped by one-third (mean,  $_{\rm cetta} = 7.20$ , mean,  $_{\rm cetta} = 4.80$ , ((1610) = 2.02, P = 0.043) and work satisfaction scores improved (mean,  $_{\rm cetta} = 7.84$ , mean,  $_{\rm cetta} = 8.19$ , r(1343) = 4.17, P < 0.001). Employees reported that WFH saved on commuting time and costs and afforded them the flexibility to attend to occasional personal tasks during the day (and catch up in the evenings or weekends). These effects on reduced attrition were significant for non-managerial employees (mean,  $_{\rm cetta} = 8.59$ ,  $_{\rm mean} = 5.33$ ,  $_{\rm ritto} = 5.23$ ,  $_{\rm ritto} = 9.19$ ,  $_{\rm mean} = 9.19$ ,  $_{\rm ritto} = 4.18$ ,  $_{\rm ritto} = 1.00$ ,  $_{\rm ritto} = 1.0$ 

At the same time, we found no evidence of a significant effect on employees' performance reviews, on the basis of null equivalence tests, and no evidence of a difference in promotion rates over periods of up to two years ('Null results' section of the Methods). We did find significant differences in pre-experiment beliefs about the effects of WFH on productivity between non-managers and managers. Before

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## Hybrid WFH lowered employee quit rates by 35%



**Source:** Attrition rates for 1612 engineers, marketing and finance professionals of Trip.com who were randomized between September 2021 and February 2022 by even and odd birthdays into control (5-days a week in the office) and treatment (Mon, Tue and Thur in the office; Weds and Fri working from home). Difference statistically significant at the 5% level. Details in Bloom, Han and Liang (2022) "How Hybrid Work from Home Works Out".

# Productivity: Hybrid appears to have about a flat impact. Fully-remote studies find range of impacts from -30% to +13% (average about -10%)

## **Organized Hybrid**

"WORKING" REMOTELY? SELECTION, TREATMENT, AND THE MARKET FOR REMOTE WORK

Natalia Emanuel · Emma Harrington1

April 9, 2022

Abstract: How does remote work affect productivity and how productive are workers who choose remote jobs? We decompose these effects using data from the call-centers of a US Fortune 500 retailer. The retailer employed both remote and on-site workers prior to Covid-19 and went entirely remote during the lock

### Hybrid working from home improves retention without damaging performance nature

DOES WORKING FROM HOME WORK? EVIDENCE FROM

A CHINESE EXPERIMENT®

NICHOLAS BLOOM James Liang

JOHN ROBERTS ZHICHUN JENNY YING

the results of a WFH experiment at Ctrip, a 16,000-employee, NASDAQ-listed

Chinese travel agency. Call center employees who volunteered to WFH were

randomly assigned either to work from home or in the office for nine months.

Home working led to a 13% performance increase, of which 9% was from work-

A rising share of employees now regularly engage in working from home (WFH), but there are concerns this can lead to "shirking from home," We report

eceived: 15 August 2023 accepted: 30 April 2024

Working from home has become standard for employees with a university degree. The most common scheme, which has been adopted by around 100 million employee in Europe and North America, is a hybrid schedule, in which individuals spend a mix of days at home and at work each week12. However, the effects of hybrid working on Check for updates employees and firms have been debated, and some executives argue that it damages productivity. Innovation and career development3-5. Here we ran a six-month randomized control trial investigating the effects of hybrid working from home on 1.612 employees in a Chinese technology company in 2021-2022. We found that hybrid working improved job satisfaction and reduced quit rates by one-third. The reduction

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First, it uses a randomized control trial to examine the causal effect of 1.87, P = 0.062). hybrid schedule in which employees are allowed to WFH two days per At the same time, we found no evidence of a significant effect on week. Second, it focuses on university-graduate employees in software employees' performance reviews, on the basis of null equivalence

ersity-graduate employees typically WFH for one to two days a week called Trip.com. Employees were randomized by even or odd birth employees who are fully remote, usually working on independent the office on the other three days, or to come into the office on all

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ngineering, marketing, accounting and finance, whose activities are tests, and no evidence of a difference in promotion rates over period: Our study describes a randomized control trial from August 2021 to significant differences in pre-experiment beliefs about the effects of

Work-From-Anywhere: The Productivity Effects of Geographic Flexibility

Prithwirai (Rai) Choudhury, Cirrus Foroughi, and Barbara Larson3

An emerging form of remote work allows employees to work-from-anywhere, so that the worker can choose to live in a preferred geographic location. While traditional work-from-home (WFH) programs offer the worker temporal flexibility, work-from-anywhere (WFA) programs offer both temporal and geographic flexibility. WFA should be viewed as a nonpecuniary benefit likely to be preferred by workers who would derive greater utility by moving from their current geographic location to their preferred location. We study the effects of WFA on productivity at the United States Patent and Trademark Office (USPTO) and exploit a natural experiment in which the implementation of WFA was driven by negotiations between managers and the patent examiners' union, leading to exogeneity in the timing of individual examiners' transition from a work-from-home to a work-from-anywhere program. This transition resulted in a 4.4 percent increase in output without affecting the incidence of rework. We also report results related to a plausible mechanism: an increase in observable effort as the worker transitions from a WFH to a WFA program. We employ illustrative field interviews, microdata on locations, and machine learning analysis to shed further light on geographic flexibility, and summarize worker, firm, and economy-wide implications of provisioning WFA.

#### Running Head: Work-From-Anywhere: Productivity Effects

Keywords: geographic flexibility; work-from-anywhere; remote work; telecommuting; worker mobility

Acknowledgements: The authors are thankful to Iain Cockburn, Srikanth Kannan, Jirs Meuris, Chris Rider, Tim Simcoe, and participants and reviewers at Boston University, Harvard Business School, INSEAD Mobility Conference, Stanford GSB OB Department, Temple University, University of Wisconsin-Madison, and Wharton People and Organizations Conference for comments on a prior

## **Fully Remote**

nature

Work from Home and Productivity: Evidence from Personnel and Analytics Data on Information Technology Professionals

Michael Gibbs

University of Chicago and Institute of Labor Economics

Article Virtual communication curbs creative idea generation

Received: 17 July 2020

ccepted: 14 March 2022

COVID-19 accelerated a decade-long shift to remote work by normalizing working from home on a large scale. Indeed, 75% of US employees in a 2021 survey reported a estimate that 20% of US workdays will take place at home after the pandemic ends Here we examine how this shift away from in-person interaction affects innovation scientific progress3. In a laboratory study and a field experiment across five countries (in Europe, the Middle East and South Asia), we show that videoconferencing inhibits pursue, we find no evidence that videoconferencing groups are less effective (and preliminary evidence that they may be more effective) than in-person groups. limit the synchronicity and extent of information exchanged 4-6, we find that our

effects are driven by differences in the physical nature of videoconferencing and

in-person interactions. Specifically, using eye-gaze and recall measures, as well as latent semantic analysis, we demonstrate that videoconferencing hampers idea

generation because it focuses communicators on a screen, which prompts a narrowe

In the wake of the COVID-19 pandemic, millions of employees were mandated to work from home indefinitely and virtually collaborate and non-verbal information cues as face-to-face interaction. If vide using videoconferencing technologies. This unprecedented shift to oconferencing eventually closes the information gap between virtual full-time remote employment demonstrated the viability of virtual and in-personal work at a large scale, further legithizing the growing work-from-home to the start decade. In a 2021 survey, 7% of Use may lose serve protect a personal preference for working from home at least one serve protect a personal preference for working from home at least one serve protect and personal preference for working from home at least one serve protect and personal preference for working from home at least one serve protect and personal preference for the serve s

synchronicity theory\*\*). However, recent advances in network quality and display resolution have ushered in a synchronous, audio-visual reasoning<sup>18</sup>. Here we show that virtual interaction uniquely hinders idea

y aweek, and 40% of employees indicated they would quit a job that difference in communicating through video that is not psychologic equired full-time in-person work'. In response, leading firms across—cally benign; in-person teams operate in a fully shared physical space various sectors, including Google, Microsoft, JPMorgan and Amazon, increased the flexibility of their post pandenic work from home observed in firm tool each member. Our data suggest that this physical celes, and research estimates that 20% of all LS workdays will be condification to the conditions of the conditions row their visual field by concentrating on the screen and filtering out under thinking to the uniquidence extension which is a constrained to the constrained of symposition to entom a mate Vactifier, commandation in the provisation symbol mention to entom and work carrier, commandation in the provisation process and the provisation of the prov tion exchange (media richness theory, social presence theory, media activities, Specifically, idea generation is typically followed by select-

cost for creative idea generation

108 | Nature | Vol 605 | 5 May 202

NBER WORKING PAPER SERIES

WORKING FROM HOME, WORKER SORTING AND DEVELOPMENT

Antoinette Schoar

human behaviour

ARTICLES

#### The effects of remote work on collaboration among information workers

Longqi Yang<sup>⊙1⊠</sup>, David Holtz<sup>©23</sup>, Sonia Jaffe<sup>©1</sup>, Siddharth Suri<sup>©1</sup>, Shilpi Sinha¹, Jeffrey Weston¹, Connor Joyce¹, Neha Shah¹, Kevin Sherman 0¹, Brent Hecht 0¹ and Jaime Teevan 0¹

The coronavirus disease 2019 (COVID-19) pandemic caused a rapid shift to full-time remote work for many information work ers. Viewing this shift as a natural experiment in which some workers were already working remotely before the pandemi enables us to separate the effects of firm-wide remote work from other pandemic-related confounding factors. Here, we use rich data on the emails, calendars, instant messages, video/audio calls and workweek hours of 61,182 US Microsoft employeds over the first sit emoths of 2020 to estimate the causal effects of firm-wide remote work on collaboration and communication. Our results show that firm-wide remote work caused the collaboration network of workers to become more static and siloed with fewer bridges between disparate parts. Furthermore, there was a decrease in synchronous communication and an increase in asynchronous communication. Together, these effects may make it harder for employees to acquire and share new informa

Before the COVID-19 pandemic, at most 5% of Americans informal communication network! Furthermore, being a conduit whereas it is estimated that, by April 2020, as many a 5% of Americans were working from home (WHH) Illa-lime.<sup>32</sup> Thus, value.<sup>33</sup> For firm, conjugation can have additional benefits for indicates a matter of weeks, the pandemic caused about one-third of Covid Covid Covid Policy and there is well as a matter of weeks, the pandemic caused about one-third of Covid Covid Covid Policy and there is well as a matter of weeks, the pandemic caused about one-third of Covid Covid Policy Covid Covid Policy workers to shift to WFH and nearly every American that was able a competitive advantage to successfully engaging in the practice o to swork from home did not "Muny rechanding companies, such as Twitter, Racebook, Sygame, Box, Sack, and Quora, have taken to a such such such as the such such as the such as the such such as the su employees to work remotely, even after the pandemic<sup>56</sup>. More generally, COVID-19 has accelerated the shift away from traditional its strength. Two people connected by a strong tie can often transfe office work, such that even firms that do not keep full-time remote information more easily (as they are more likely to share a comoffice work, such that even firms that do not keep find-time remote involved policies in piles after plangularities have needed are utilized as medium of the properties of the part of the properties when the properties will be part likely to owich to some type of hybrid work model, in which employees gibt their time between remote and office work or a mixed-mode model, in which firms are comprised of a mixture of the properties of the prope

firm-wide remote work on employees' collaboration networks and

the time: row roing earm polary decision registing emotion, proofs and materia made weak the well distincted decision makers need with the well distincted decision makers need the distinct and the well distincted the desiration and the belief of the decision was the decision with the decision was recommended to the decision of the d

firm-wide remote work on employee' collaboration networks and Previous research has also shown that network topology, including the strength of thes, has an important role in the success of both individuals and organizations. For individuals, it is beneficial to her access to new, one-redundant information through comment tions to different part of an organizations formal organizations that and through connections to different part of an organization formal organizations. For more content of the previous research has also shown that the performance of work-stern for subject to a both temporal polamics of the new work. Not only do the benefits of different types of its vary with the performance of work-stern for those polamics of the previous research has also shown that the performance of work-stern for subject to a both temporal polamics of the work. Not only do the benefits of different types of its vary with the previous research has also shown that the performance of work-ers in affected only by the transport and the performance of work-aria of the previous research has also shown that the performance of work-ers in affected to hop the temporal polamics of the work. Not only the temporal polamics of the rest of the performance of work-aria of the previous research has also shown that the performance of work. Not only the temporal polamics of the rest of the performance of work-sized to the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of performance of the performance of work. Not only the benefit of the performance of work. Not only the benefit of the performance of the performa

'Microsoft Corporation, Redmond, WA, USA. 'Heas School of Business, University of California, Berkeley, CA, USA. 'MIT Initiative on the Digital Economy, Cambridge, MA, USA. <sup>19</sup>e-mail: loy@microsoft.com

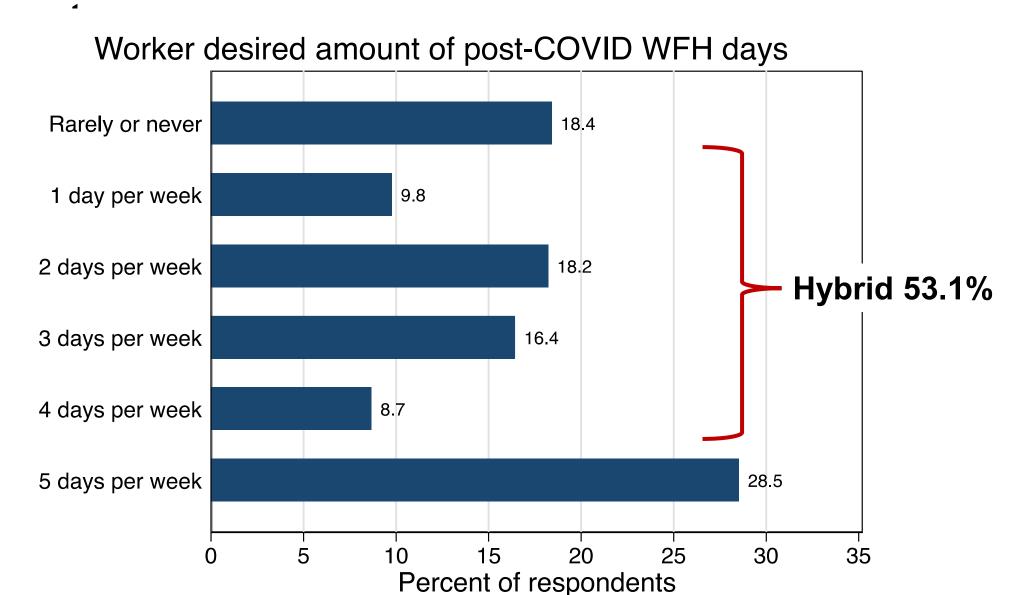
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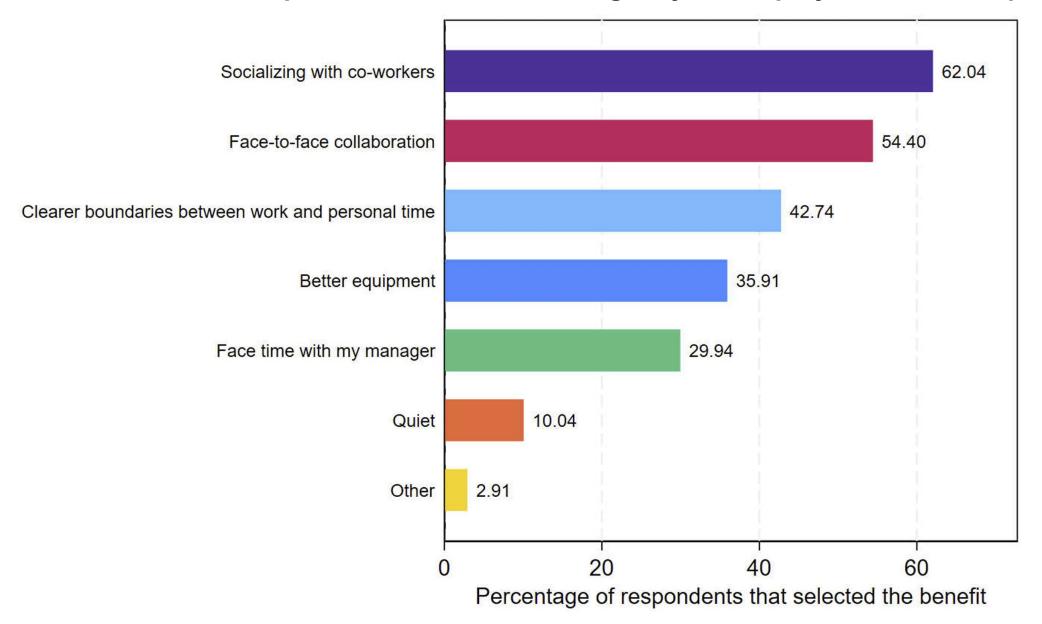
# Managing this is \*hard\* - there is a wide variation in what employees



Sample: Full-time wage and salary employees who are able to WFH. N = 11439

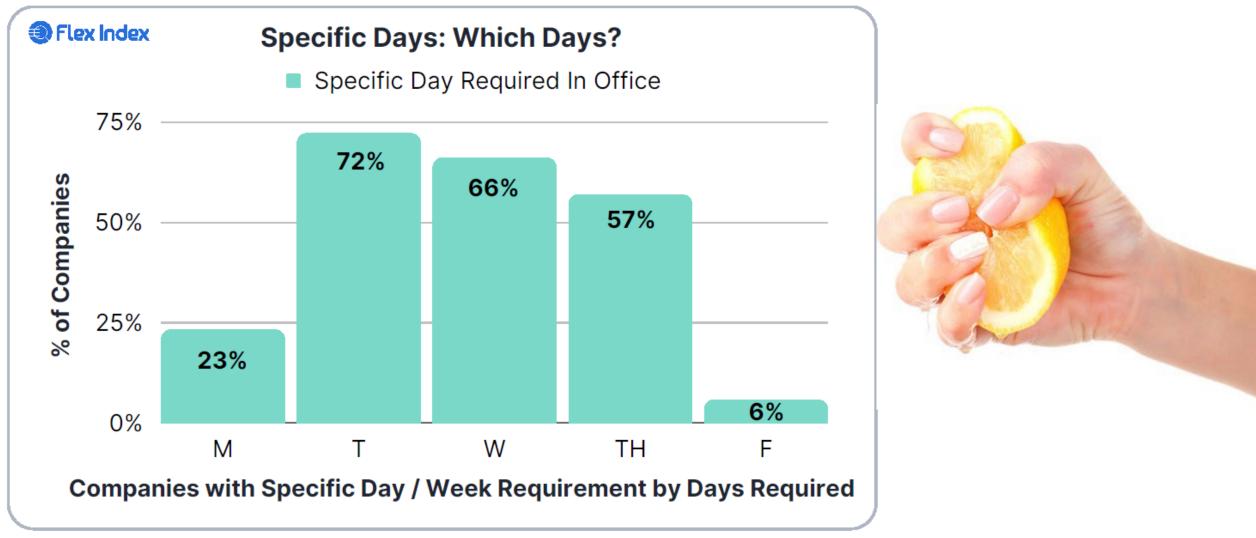
# 1) Coordination – office benefits are being with co-workers

Qu: "What are the top three benefits of working on your employer's business premises?"



Notes: **Among** workers that have work-from home experience during the COVID-19 pandemic. Responses to the question "What are the top benefits of working on your employer's business premises? Please choose up to three". Sample of N=20,732 workers in 34 countries surveyed in April-May 2023. All values are available at https://bit.ly/Figures-**GSWA-2023** 

# Coordination generates the hybrid squeeze into Tuesday to Thursday

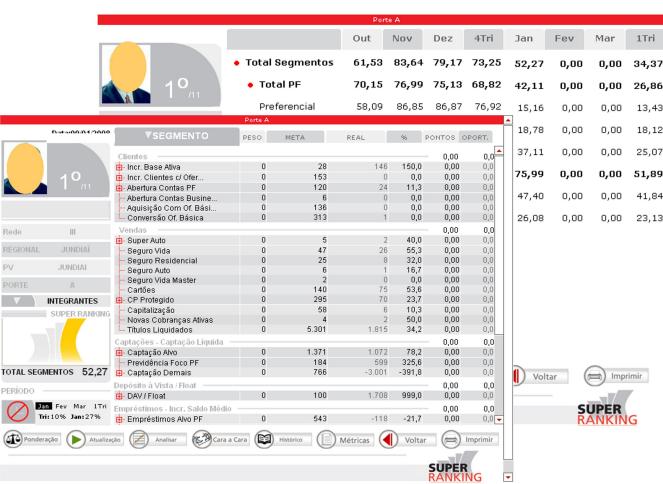


Source: <u>Flex Index</u> (flex.scoopforwork.com) employee surveys and publicly available data on companies with a specific day / week office requirement. N = 229 companies. The Flex Index is presented by <u>Scoop</u> (scoopforwork.com).

# 2) Performance reviews critical for managing output with WFH

- Office employees can be (partly) evaluated by observing inputs hours & activity
- WFH employees instead need outcome evaluation data, assessments & discussion
- Importantly this is <u>not</u> surveillance, but "outcome" performance reviews





# Going to cover three sections

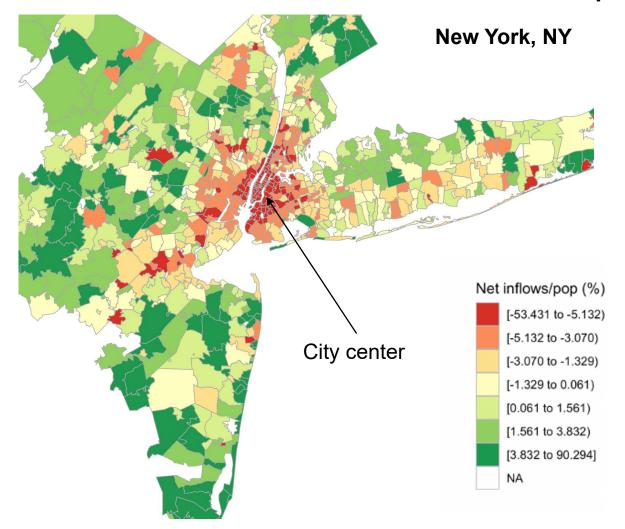
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# 1) The Donut Effect: almost 1m people have left US big city centers

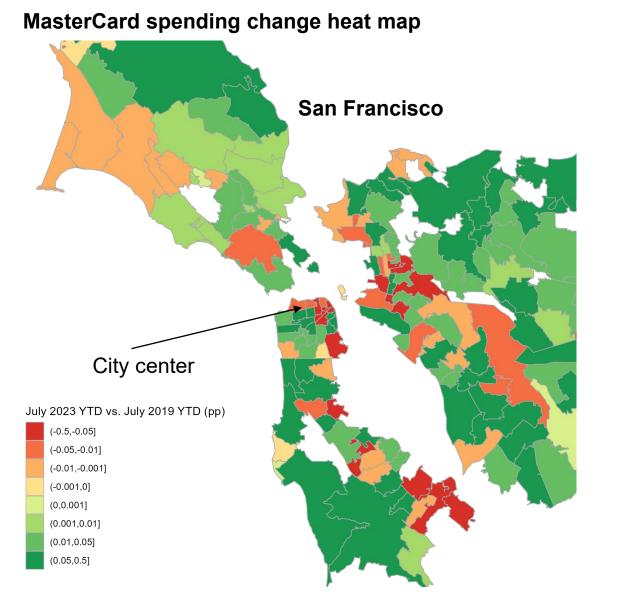
Cumulative net flows Feb 2020 - June 2023 as % of population



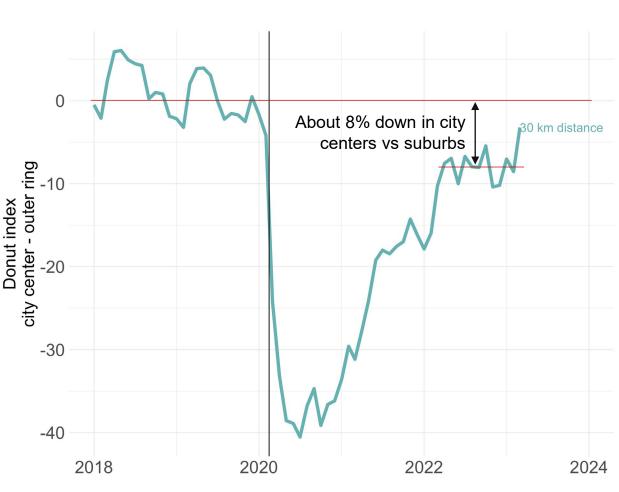


**Source:** Arjun Ramani and Nicholas Bloom "The Donut Effect", NBER Working Paper 2021 (updated 2023) using US Postal Service zip-code Change of Address Data <a href="https://nbloom.people.stanford.edu/sites/g/files/sbiybj4746/f/w28876.pdf">https://nbloom.people.stanford.edu/sites/g/files/sbiybj4746/f/w28876.pdf</a>

# The Donut-Effect is also boosting suburban <u>retail</u> spending

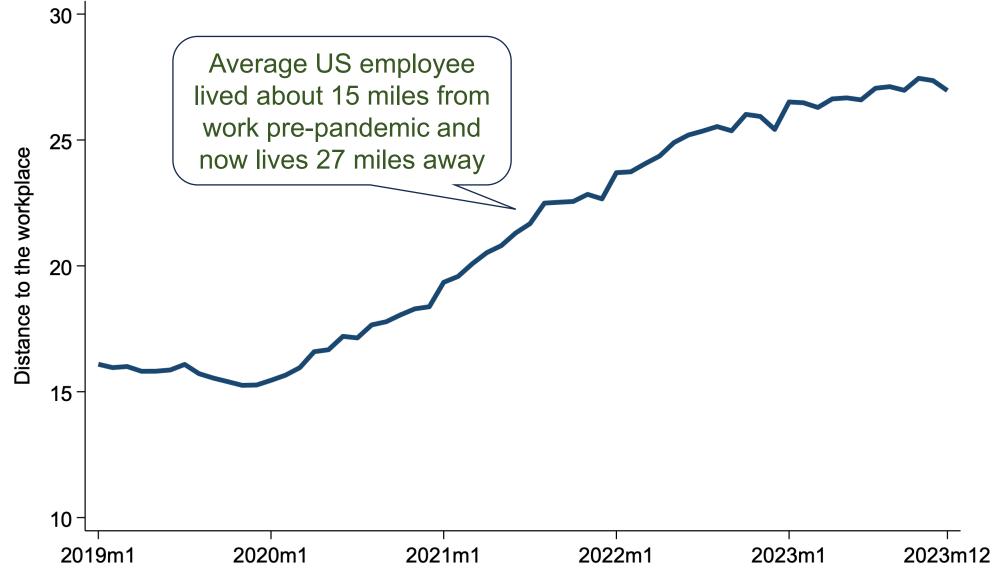


Top 12 largest US cities retail spend, city center less suburb



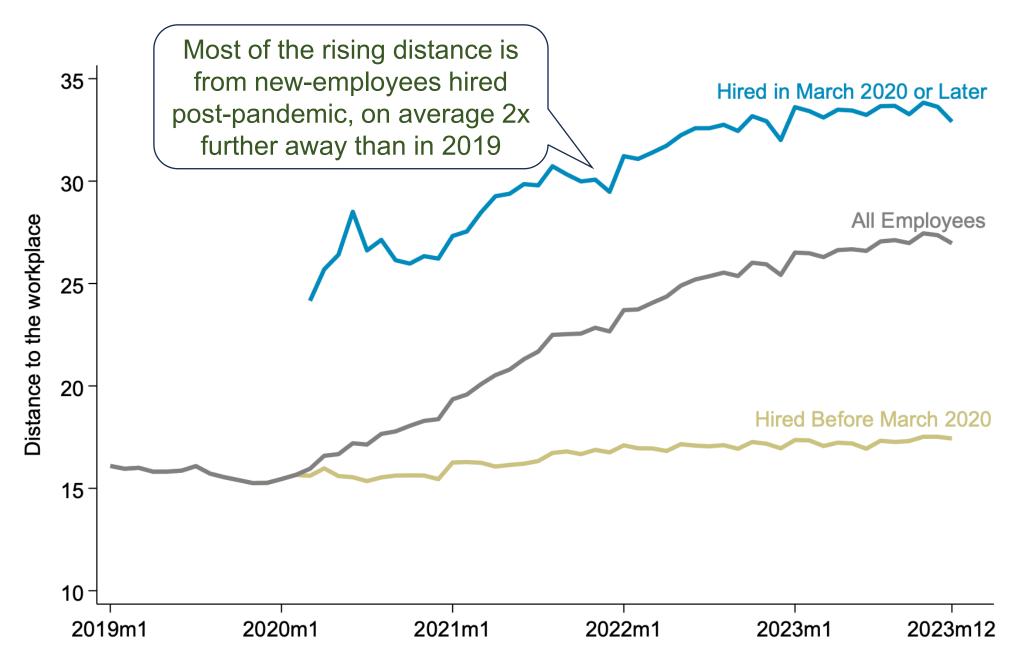
**Notes:** Constructed using Mastercard spending data. Each spending index is normalized such that the average 2019 value is 100; thus the difference has an average value of 0 in 2019. The level of the index can be interpreted as the relative growth of the city center vs the outer ring. Source Ramani, Alcedo and Bloom (2023)

# 2) Employees are living further from work



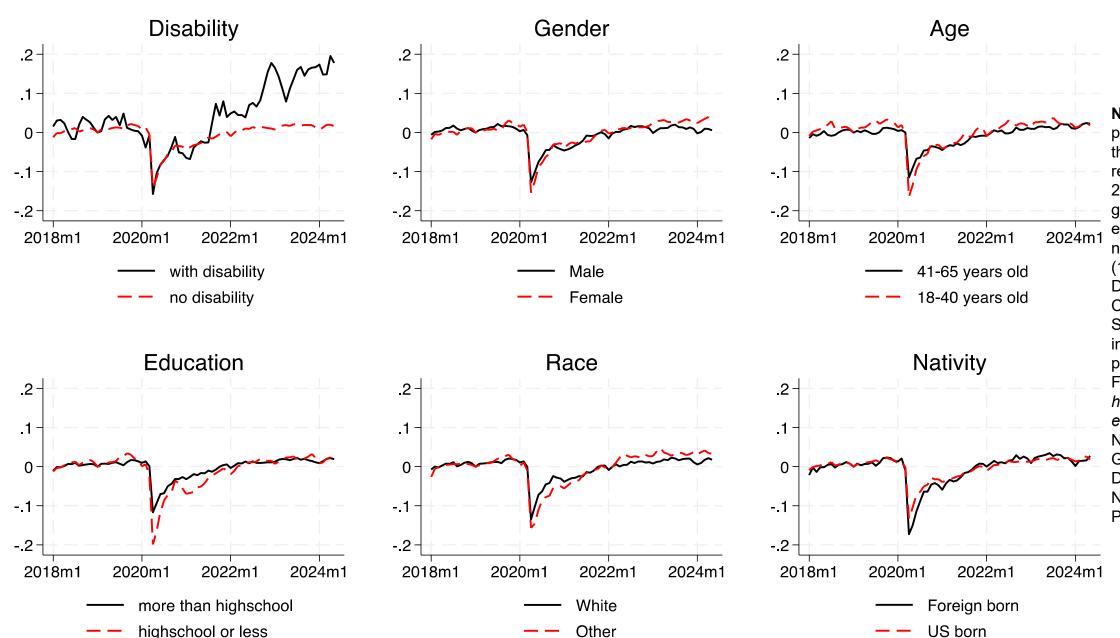
Notes: The sample contains employees of 5,793 firms in a balanced panel of firms. Employee-level data are reweighted to match the CPS distribution by (age bin) X sex X major industry. Distance from home to employer location is winsorized at 500 miles. Authors' calculations using Gusto payroll data.

# Most of this is new hires - WFH has expanded firm's hiring circle



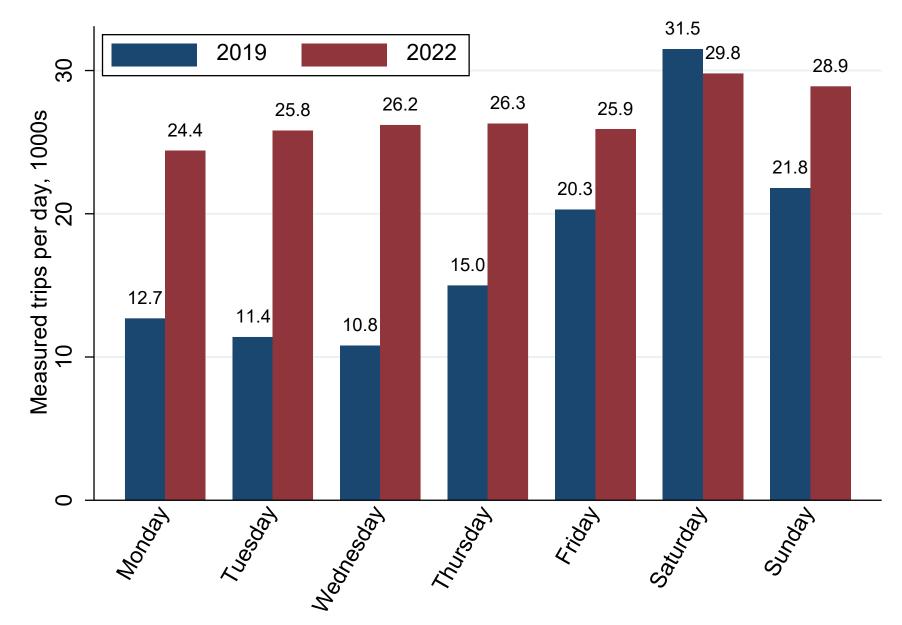
Notes: The sample contains employees of 5,793 firms in a balanced panel of firms in the Gusto payroll data. Employee-level data are reweighted to match the CPS distribution by (age bin) X sex X major industry. Source: Authors' calculations using Gusto payroll data.

# 3) Disability employment has increased by about 2m post pandemic



Note: Graphs of the percent change in the employment rate relative to January bγ disability, gender, age, race, education and native/foreign born (18-64 years old). Data from the US Current Population Survey. Disability includes only physical disabilities. From "Working from home and disability employment" **Nicholas** Bloom, Gordon Dahl and Dan-Olof Rooth, **NBER** Working Paper 32943

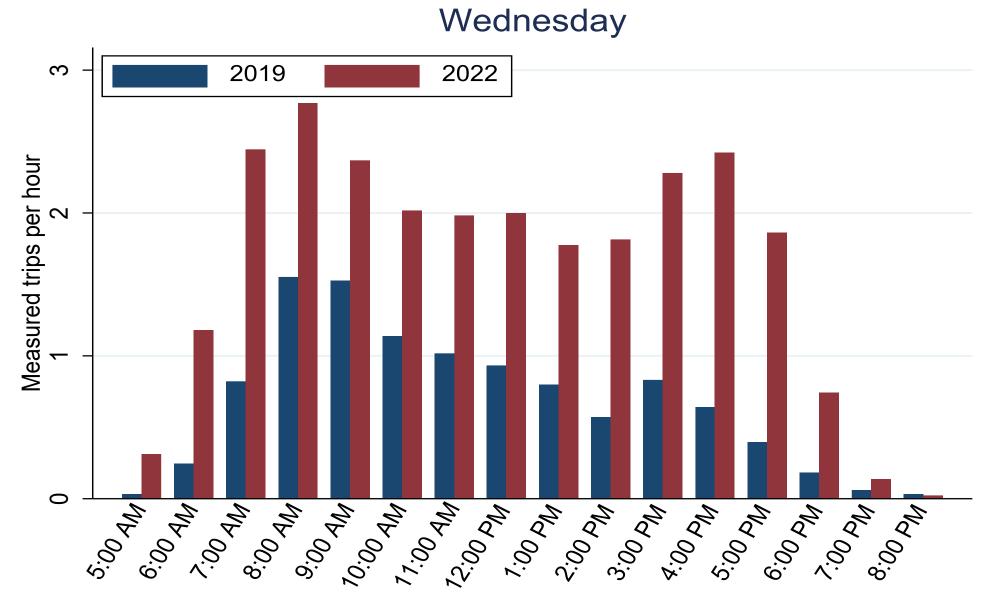
# (4) "Golf effect" - weekday leisure boom



**Note**: Data for August 2019 and August 2022 for a sample of trips. Those included are trips in the INRIX database, which includes trips in vehicles with GPS and phones with location tracking turned-on. The trip needs to be to one of the 3,400 satellite identified gold courses and to have lasted more than two hours. We estimate we sample about 5% of total golf trips.



...the weekday increase happened throughout the day - for example a 178% increase at 3pm on Wednesday



Note: Data for August 2019 and August 202 for a sample of trips. Those included are trips in the INRIX database, which includes trips in vehicles with GPS and phones with location tracking turned-on. The trip needs to be to one of the 3,400 satellite identified gold courses and to have lasted more than two hours. We estimate we sample about 5% of total golf trips.

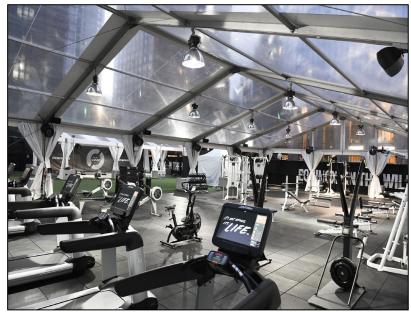


# The "Golf-effect" will boost weekdays for many 'leisure' activities







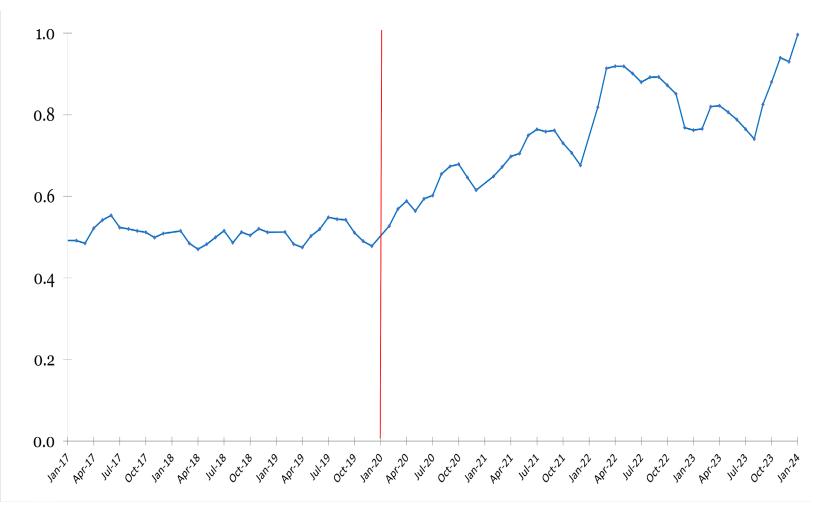






# Looking 5+ years out better technology will boost WFH

Share of New Patent Applications Supporting WFH



New WFH technologies are being rapidly developed as the market for WFH products has increased 5x. For example, better video, screens, virtual reality and holograms etc

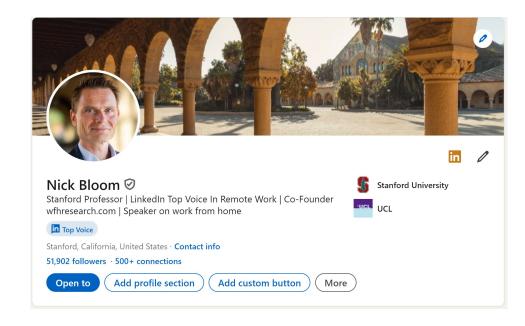


Source: US Patent and Trademark Office new patent application files. Details in Bloom, Nicholas, Codreanu, Mihai, Steven J. Davis, and Yulia Zhestkova from May 2024. "COVID-19 Shifted Patent Applications toward Technologies that Support Working from Home."

## **Conclusions**

WFH is here to stay, typically 2 days a week

Managing it is hard – needs coordination and a performance review focus



Impacts wide ranging on cities, transport, retail, technology and golf