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## Analytics and Advice about Everything that Matters

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# Working Through COVID-19: The Great Migration to Remote Work

Insights from the Gallup Panel COVID-19 Tracking Study

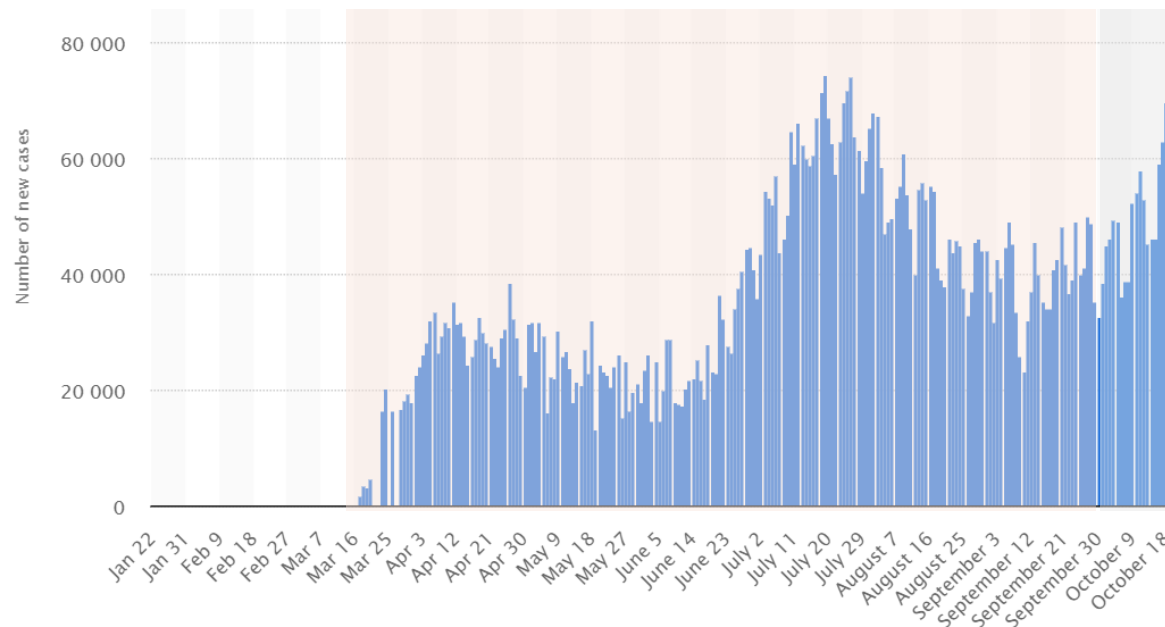
# Methodology: Polling the Pandemic – Source 1

## Participants

- The Gallup Panel is a probability-based, nationally representative panel of US adults.
  - Members are randomly selected using random-digit-dial phone interviews (landlines and cellphones) and address-based sampling methods.
  - Gallup weights samples to adjust for probability of selection and to correct for nonresponse bias based on the most recent Current Population Survey figures.

## Procedures

- Web survey
- March 16 through September 28, 2020



117, 568

Responses

51%

Female

49.80 years

average age

(SD = 16.50)

70%

White

12% African American

17% Hispanic

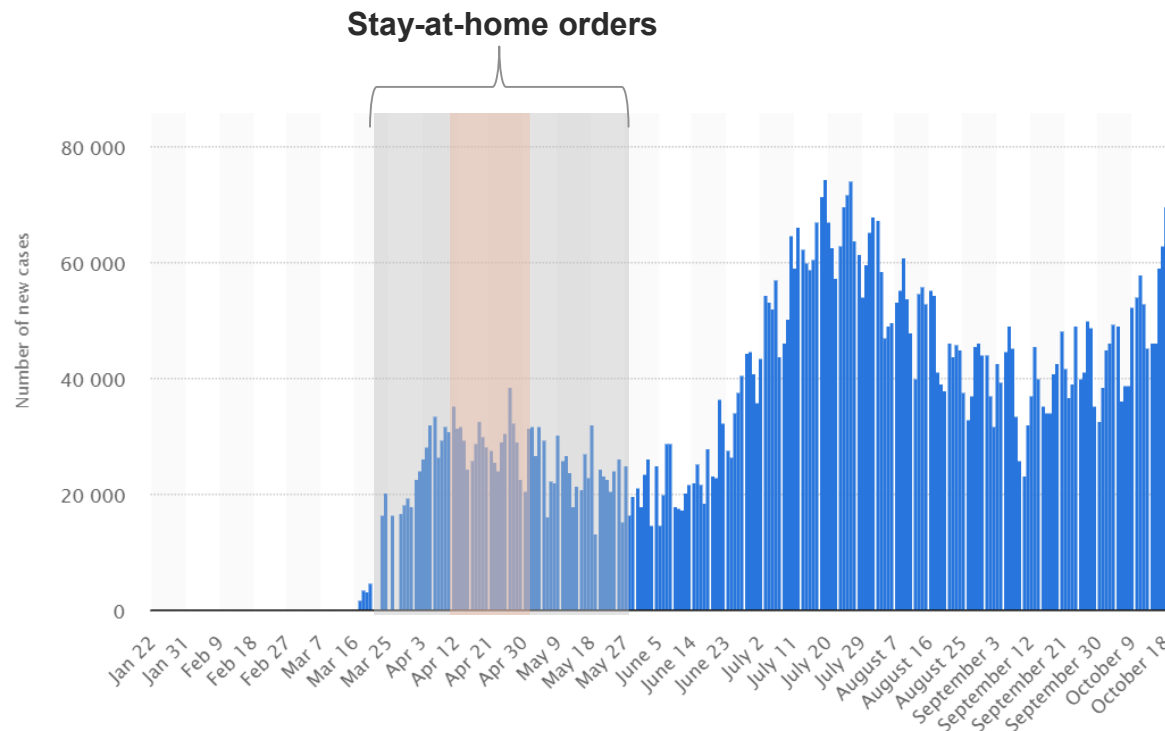
# Methodology: Polling the Pandemic – Source 2

## Participants

- Had previously completed Gallup’s Clifton StrengthsFinder and indicated interest in participating in Gallup research.
- Inclusion criteria: English-speaking, adult (18+), resident of the United States

## Procedures

- Web survey
- April 16 - 30 2020



*\*Additional data (pre-COVID) has been integrated from Gallup Panel and Gallup’s Wellbeing Index for point of reference; details upon request*

8438

Responses

70%

Female

45.17 years

average age

(SD = 11.72)

75%

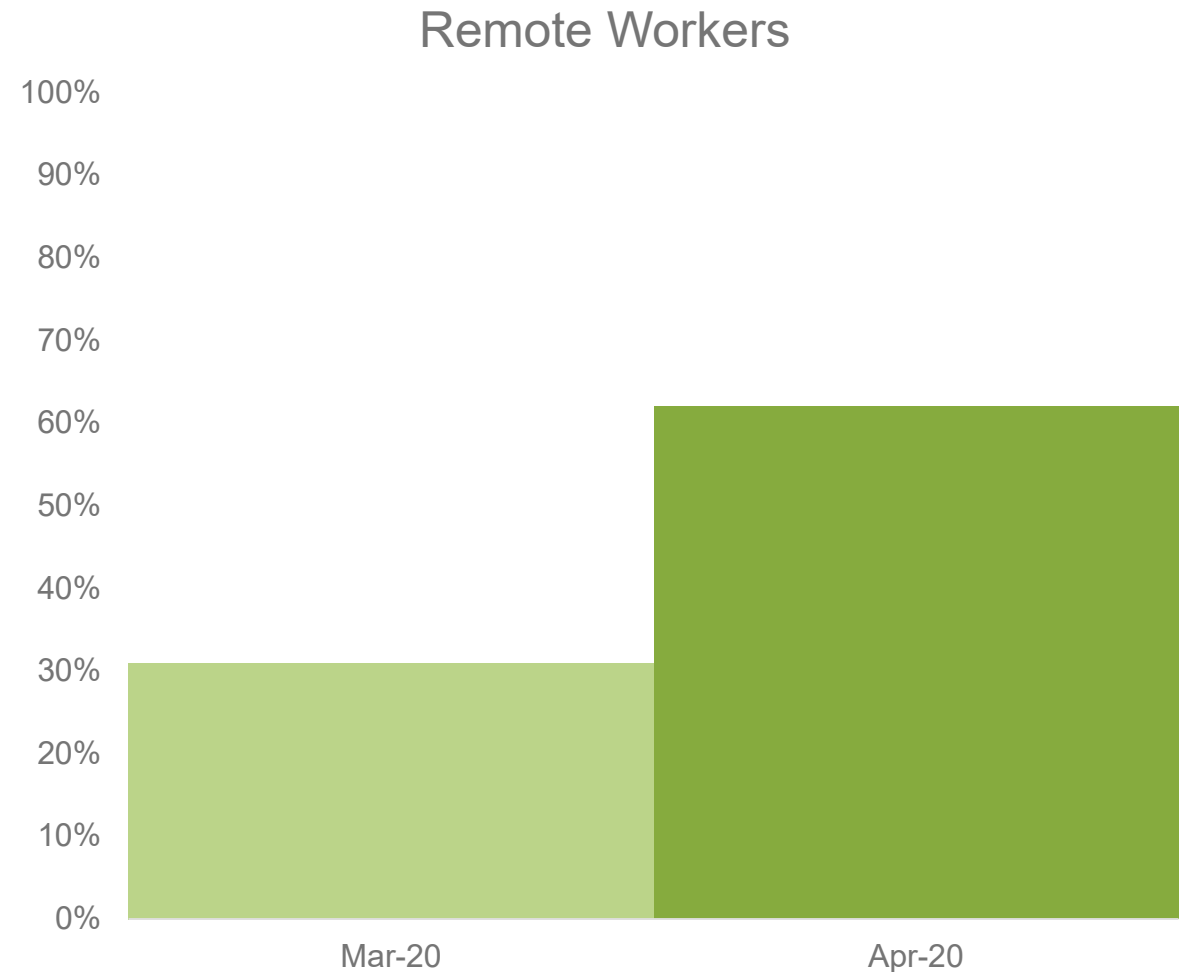
White

# The Great Migration

In just three weeks – from mid-March to early April, the percentage of employees working from home doubled, totaling nearly 100 million workers in the US alone

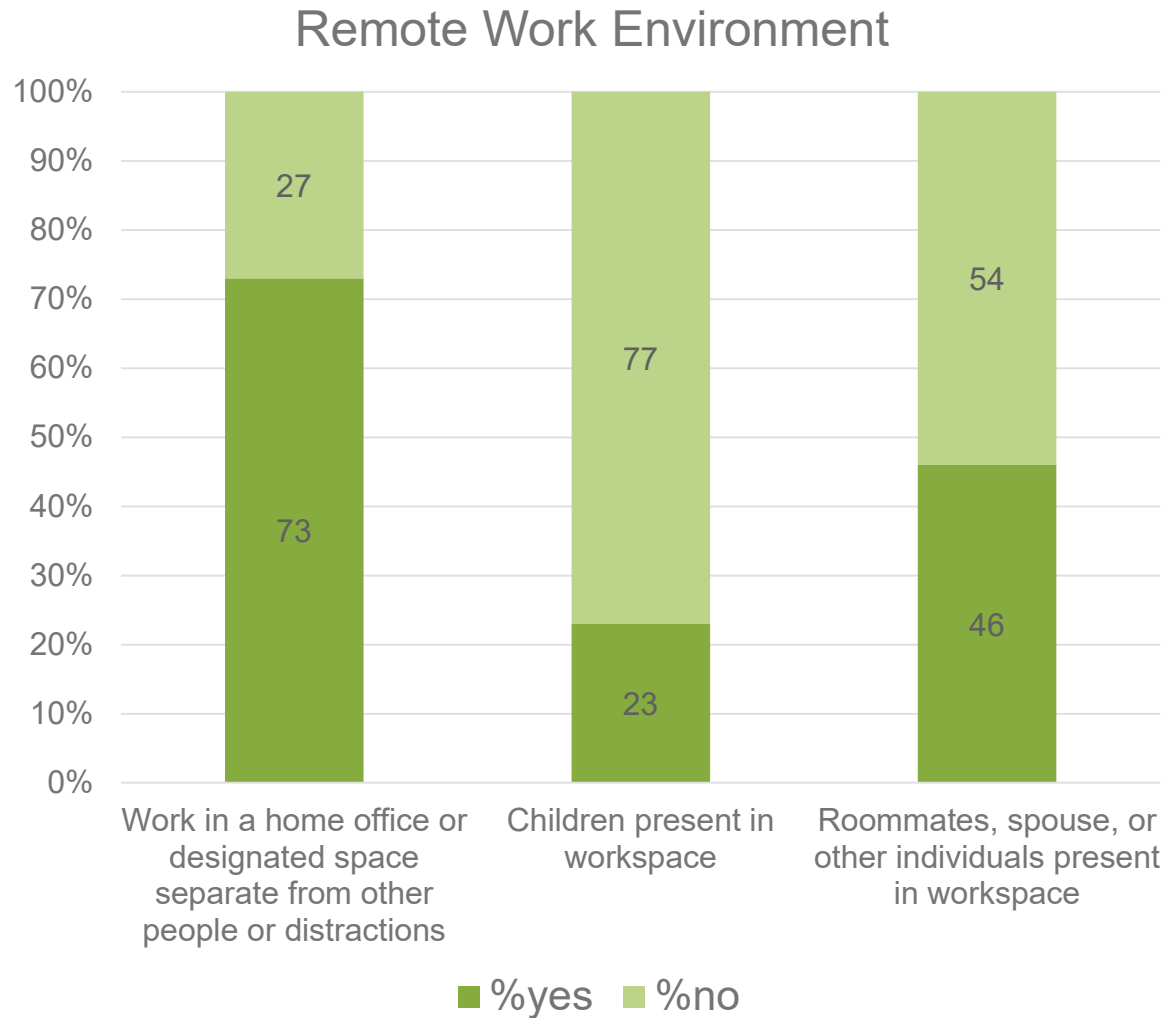
**76%** say their employer required it

**12%** say their employer recommended it



Gallup Panel – COVID-19 Tracking

# Here's What Remote Work Looks Like...



**39%** Strongly agree that they enjoy working remotely

**41%** strongly agree that they would like to continue working remotely in the future

**16%** strongly agree they feel connected to their teammates

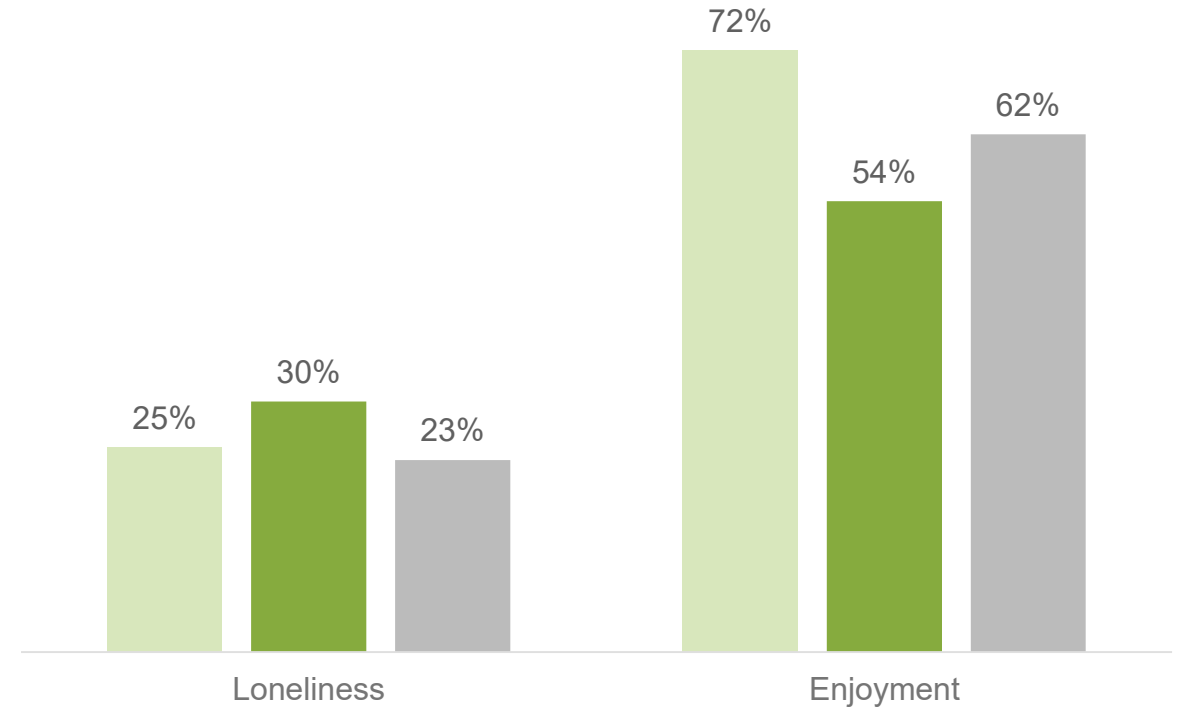
**20%** strongly agree that they feel connected to their organization

**35%** miss having people around

# Adjustment Effects

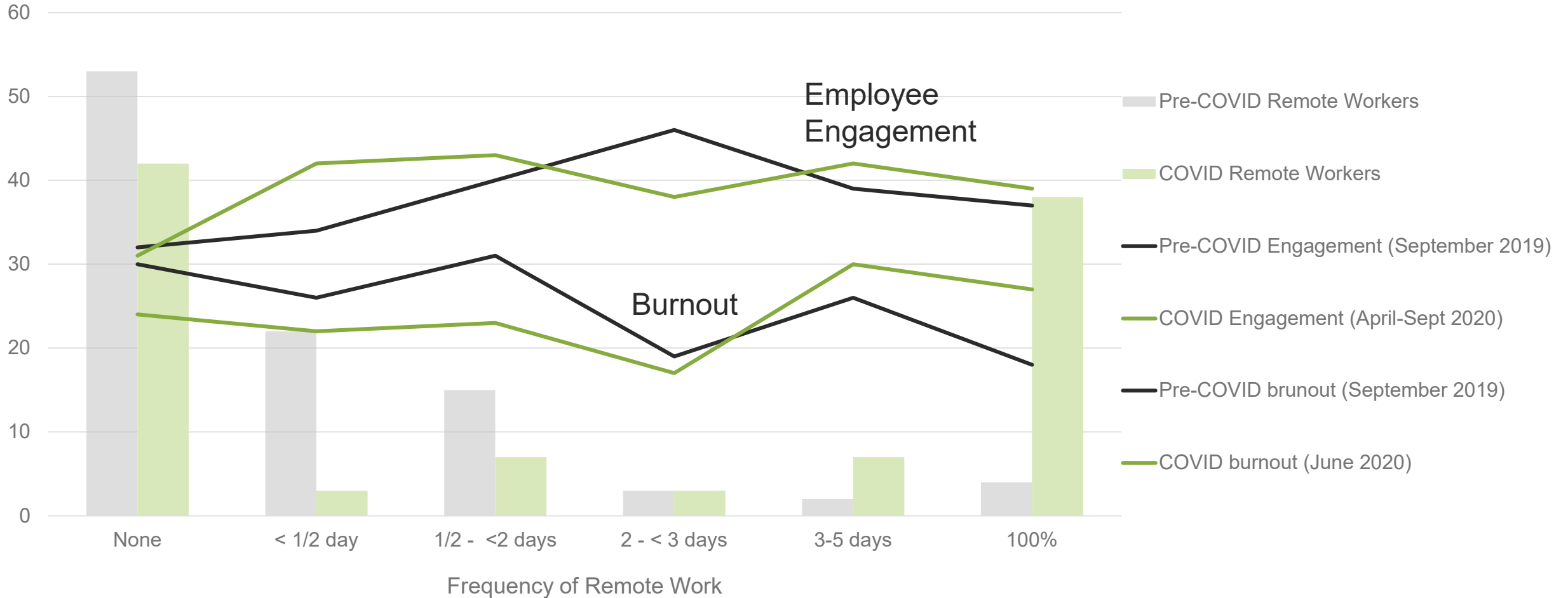
The great migration to remote work during the COVID-19 pandemic was a difficult transition for many.

- No Transition: <20 Remote Pre-COVID and during COVID
- Transition: <20 Remote Pre-COVID to 100% during COVID
- No Transition: 100% Remote Pre-COVID and during COVID





# A Whole New Animal

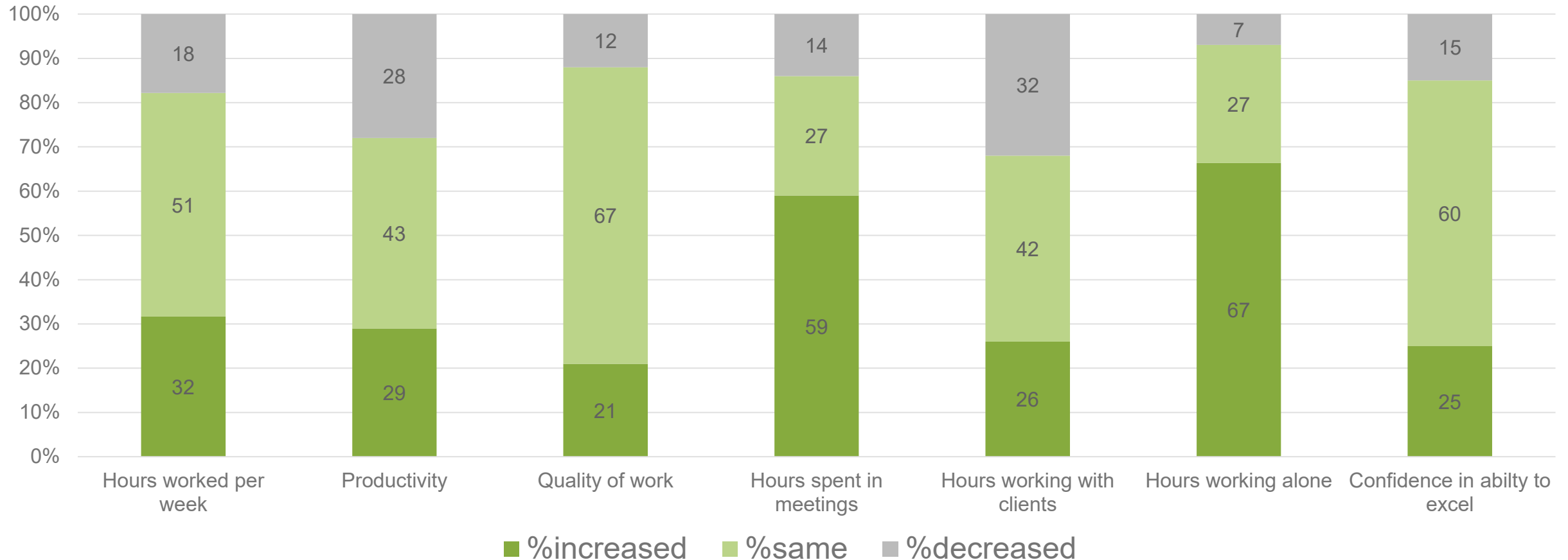


Gallup Panel

# Remote Work Changes the Way we Work

**93%** reported an increase in in audio conference, video conference, or both

**1 in 3** say virtual meetings are less effective than in person meetings



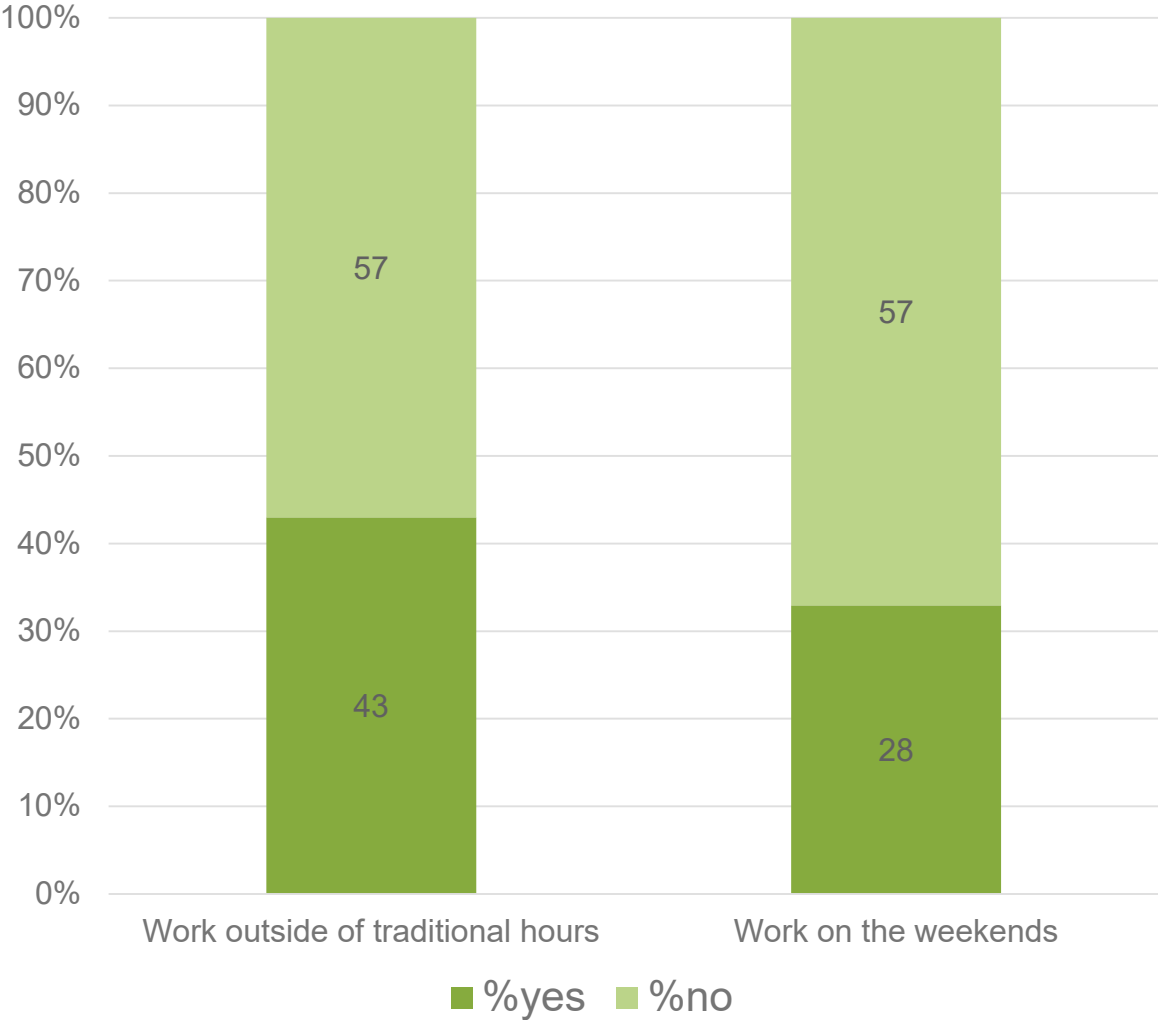
# Remote Work Changes the Way we Live

**31%** strongly agree that they are able to maintain a health balance between work and personal commitments

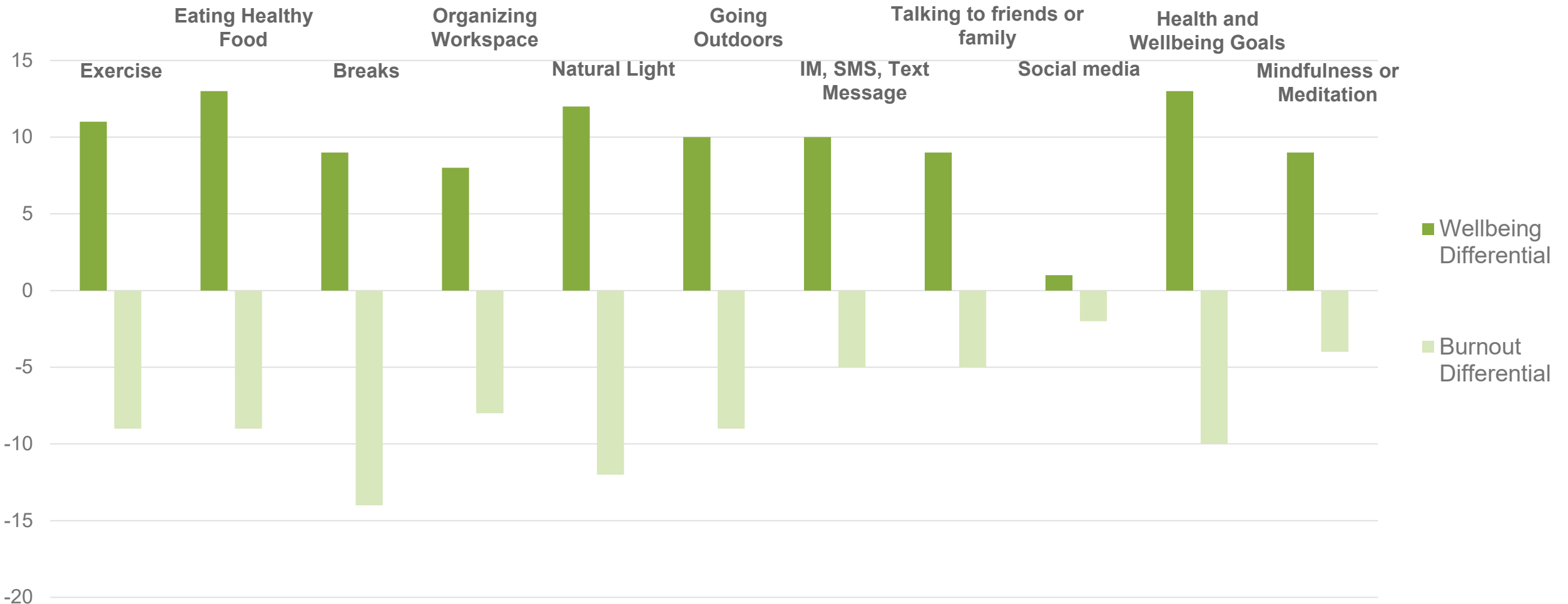
## Working Parents

**65%** parents who are working from home with children report feeling stress a lot of the day

**35%** parents who are working from home with children report that their life has been disrupted a great deal



# Self-Care during Remote Work



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