

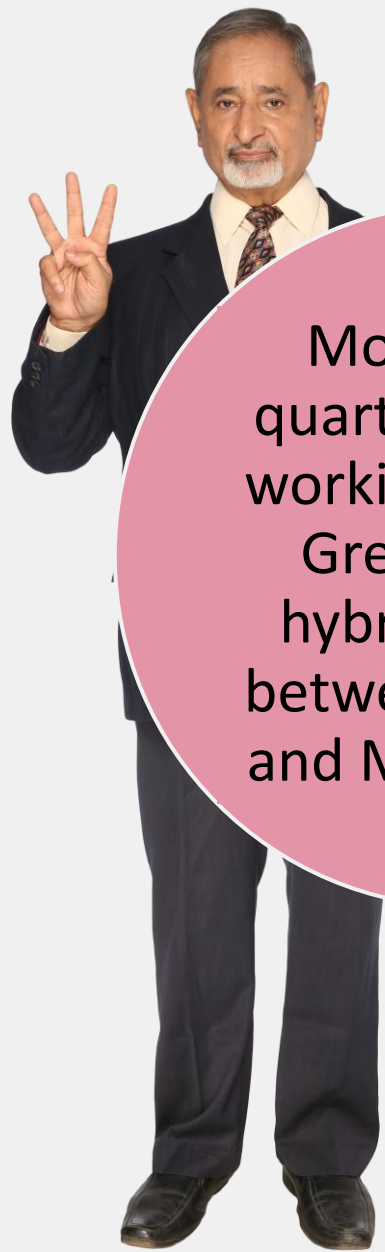
From Behind the Screen to Beside Your Team: Why the office still matters

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DISCLAIMER:

- This talk does not discourage flexible working patterns
- And acknowledges that for various reasons office based working is not possible or ideal for all individuals



More than a quarter (28%) of working adults in Great Britain hybrid worked between January and March 2025.



Workers aged between 30 to 49 years were the most likely to hybrid work.



Around 42% of people within the professional scientific and technical activities sector work from home.



Source: Office for National Statistics (2025), “Who has access to hybrid work in Great Britain?”, published 11 June 2025.

Social Aspect and Friendship building

45% of gen z
said they were
considering
looking for jobs
with more social
interaction



Source: Bupa (2020). Mental Health at Work 2020: Building Back Responsibly. Bupa UK Insurance & Business in the Community.

Mentorship



67 % of entry-level employees attend the work place, with the number dropping to around 50% for all more senior roles

Gain insight into different areas of the business by interacting with other functions within the office.

Prospects Early Careers Survey 2025, Jisc (2025).

Make contacts within your industry who you can reach out to for help or future opportunities



24% of employees feel lonely or socially isolated as a result of their work circumstances.



Source: Bupa (2020). Mental Health at Work 2020: Building Back Responsibly. Bupa UK Insurance & Business in the Community.

Takeaway

- What can you can gain from attending an office?
- What others can gain from you attending an office?

References

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