

Working from home conversational questions

Ask and answer the questions. You can use the responses as practice answers or as guides. Of course, you can create your own response.

1. What do you like about working from home?

- I enjoy the flexibility in my schedule.
- I love not having to commute.
- It's nice being able to work in my comfortable clothes.

Follow-up: Can you tell me more about how you use the extra time you get by not commuting?

2. Where in your home do you usually work?

- I usually work in my home office.
- I prefer working at the kitchen table.
- I work best from my living room.

Follow-up: How have you made this space comfortable for working?

3. When do you start your work day at home?

- I start my work day early in the morning.
- I usually begin work around midday.
- I like to start my work in the afternoon.

Follow-up: Does starting work at this time help you be more productive? Why or why not?

4. Who do you interact with while working from home?

- I mostly interact with my colleagues through online meetings.
- I interact with clients through email or video calls.
- Mostly, I work independently and have limited interaction.

Follow-up: How has working from home affected your relationships with your colleagues or clients?

5. Why did you decide to work from home?

- I decided to work from home because of the COVID-19 pandemic.
- I chose this because it offers me a better work-life balance.
- It's more convenient and less stressful for me.

Follow-up: How has working from home impacted your work-life balance?

6. What challenges do you face while working from home?

- I often get distracted by household chores.
- It's hard to separate my personal and professional life.
- Sometimes, I feel isolated and miss social interaction.

Follow-up: How are you dealing with these challenges?

7. Where do you take breaks when you are working from home?

- I usually take breaks in my garden.
- I like to take a break on my couch while watching a little TV.
- I take breaks in my kitchen while preparing a snack.

Follow-up: Do you find these breaks effective in refreshing you?

8. When do you find it most productive to work from home?

- I find it most productive to work in the morning.
- My productivity peaks in the afternoon.
- I am a night owl and work best late at night.

Follow-up: Why do you think this time is most productive for you?

9. Who supports you in maintaining a good work-from-home environment?

- My family helps me by respecting my work hours.
- My employer provides support through providing necessary equipment.
- My friends support me by understanding when I can't socialize during work hours.

Follow-up: Can you give an example of how they help you?

10. Why do you think working from home is becoming more popular?

- It allows for a better work-life balance.
- It saves time and money on commuting.
- It provides flexibility and personal comfort.

Follow-up: In your opinion, will the popularity of working from home continue in the future? Why?

Yes/No Questions:

1. Do you prefer working from home over working in an office?

- Yes, I enjoy the flexibility and convenience.
- No, I miss the social interaction of an office environment.
- I'm not sure, there are pros and cons to both.

Follow-up: Could you expand on the main reasons for your preference?

2. Is it easier for you to focus on your work when you're working from home?

- Yes, there are fewer distractions than in the office.
- No, I often find myself distracted by home chores.
- It depends on the day and the tasks I have.

Follow-up: What strategies do you use to stay focused when working from home?

3. Do you feel more stressed working from home?

- Yes, it's hard to separate work life and home life.
- No, I feel less stressed without a commute.
- It varies, depending on the workload and other factors.

Follow-up: What do you do to manage stress while working from home?

4. Is your work-life balance better when you work from home?

- Yes, I feel I have more time for personal activities.
- No, I find it hard to switch off from work.
- It's about the same as when I worked in an office.

Follow-up: Can you share more about how working from home has affected your personal life?

5. Would you go back to working in an office if you had the choice?

- Yes, I would prefer the structure and social interaction.
- No, I've become accustomed to the benefits of working from home.
- I'm undecided, it would depend on the circumstances.

Follow-up: Why office?