



FACTUM

Two-Thirds (65%) of Working Canadians Say They Have Achieved a Better Work-Life Balance in 2022

However, over a third (36%) of those who worked from home this year expect to return to the office on a regular basis in 2023

Toronto, ON, January 4, 2023 – The pandemic has allowed many working Canadians to embrace the benefits of working from home. However, some Canadians who adopted this new lifestyle are expecting changes to the workplace in the upcoming year. According to a recent Ipsos poll conducted on behalf of Global News, 65% of working Canadians say that they have achieved a better work-life balance in 2022, yet 36% of those who worked from home in 2022 expect to return to the office on a regular basis next year. The catch? Most Canadians working from home – 70% to be exact, don't want to.

A third of working Canadians willing to earn less if it means working fewer hours

A strong majority (84%) of Canadians who work remotely say that they have enjoyed working from home more often this past year, so much so that 70% do not want to return to the office on a regular basis in 2023. Social connection might be influencing the 30% of people who do want to return to the office, as half (51%) go on to say that they miss being with their colleagues in person.

Given that such a large proportion of Canadians who worked from home this year enjoyed this work-life adjustment, 36% of employed Canadians say they would be fine earning 20% less money if it meant they could work 20% fewer hours than they do now. Seven in ten (71%) Canadians say they have changed jobs in 2022 and have done so on their own accord, meaning for 29% it wasn't their choice.

The new year may bring unpredictable shifts to the workplace environment and will no doubt influence perceptions among working Canadians regarding how they split their time between work and play.

About the Study

These are some of the findings of an Ipsos poll conducted between December 14 and 16, 2022, on behalf of Global News. For this survey, a sample of 1,004 Canadians aged 18+ was interviewed. Quotas and weighting were employed to ensure that the sample's composition reflects that of the Canadian population according to census parameters. The precision of Ipsos online polls is measured using a credibility interval. In this case, the poll is accurate to within ± 3.5 percentage points, 19 times out of 20, had all Canadians aged 18+ been polled. The credibility interval will be wider among subsets of the population. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error, and measurement error.



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