

# Work From Home Self-Assessment

Name

Email

Position/Title

## Workspace

Do you have a dedicated workspace?

Are you free from frequent distractions?

## Technology

Do you have reliable internet access?

Do you have all the necessary devices (computer, phone)?

## Productivity

How confident are you in organizing your workday remotely?

What challenges do you face working from home?

## Communication

Are you comfortable using remote communication tools (email, chat, video calls)?

Any suggestions to improve remote work experience?