

# Michael Dunn

## Head of brand and creative

I'm a real advocate for agile working. Even before working from home I would relish the idea of a desk move, I have always found new locations offer a fresh outlook and force me to work and think differently. My goal is to be able to work anywhere, to be independent of any single location. With my laptop, my work iPhone and a headset, I'm almost there.

I work from home at least one day each week. It's a nice break from the four hour commute to and from the office and I can put the extra hours I save to good use.

I can speak to my colleagues in Australia at 06:00, then still have breakfast with my kids before school, and be ready to knuckle down on deep work by 09:00. There are fewer interruptions at home than in the office, I use this time to focus on projects where I need continuous time – not intersected by emails, meetings and people popping by. At the end of the day, rather than commuting for two hours I get to cook and eat with my family, and take my kids to their swimming club at 18:45. I absolutely love watching my future Olympians powering up and down the pool. When

commuting to the office I leave at 07:00 and get home at 19:30, leaving me little time to spend with my family, so I really value the opportunity to work flexibly ...

I would recommend working from home to anyone that regularly works from a desk. It takes time to adjust and get setup with systems and access. But once in place it's very liberating. I believe family must come first, and sometimes life gets in the way or work. With the ability to work flexibly, this disruption can be minimised.

### Flex-ability works



*agile*