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**Working women and work-family conflicts: is working
from remotely the key to striking a better balance
between mutually intersecting roles?
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Abstract

Technological advances have allowed for numerous working activities, traditionally performed in a pre-determined venue, to take place from remotely, including the home. Additionally, digitalization offers the opportunity for workers to adjust their working patterns by more flexible working schedules, thus potentially enhancing time-management. Freed from being centered in a specific place and framed in a given time, teleworking, smart-working and other new ways of working from remotely allegedly contribute to a better balance between work and family. Undeniably, those who have caring responsibilities, by working from the home, may reduce commuting time and combine their working schedule with the possibility of being more present for their children and other family members. Nonetheless, working from the home blurs the boundary between work and family life, which is not necessarily healthy and helpful when it comes to finding a satisfactory equilibrium and striking a balance between mutually intersecting roles. This is particularly relevant an issue for women, especially those belonging to the so-called sandwich generation, that are entrusted with caring responsibilities towards both their children and their ageing parents. Being gender a significant variable when it comes to work-family balance, whether working from remotely may prove a key for women to overcome the perpetual work-family conflict or, on the contrary, increase any such conflict is an open issue which is worth reflecting upon.