

Why Executives (and Everyone Else) Should Take the Bus

By Donna Payne and Shirley Gorman, PayneGroup, Inc.



We've all been there. The heavily congested traffic jam on the way to work. The seemingly endless attempt to find a parking space or garage that doesn't negate your entire day's pay just to park. The trek back to the car after work only to find a new dent or scratch. And then finally, the slow, methodical slog back home in rush hour traffic.

After contemplating a move after one such miserable commute, we did the only thing that made sense – we started taking the bus.

Once we started taking public transportation, we discovered quite a number of benefits, such as:

- **A faster commute.** With the inclusion of HOV bus-only lanes, the commute takes less than half the time it did to drive the car the same distance.
- **Reduced stress.** We have more time to relax while reading or listening to music. It provides the perfect opportunity to decompress after a busy day or mentally prepare myself for a busy day ahead, providing a low-stress alternative to driving.
- **Positive social interaction.** There is a certain comradery that develops when you have to share close space with a perfect stranger. While most people don't enjoy sitting next to a "Chatty Cathy," after commuting with the same group of individuals over a period of time, it's just natural to strike up a conversation here and there, which can develop into treasured friendships. It's also a great way to meet neighbors whether it's standing with them at the bus stop or stopping to chat with them on your way to or from the bus stop.
- **Better air quality.** Pollution is estimated to cause the same number of deaths per year as traffic accidents, so there is satisfaction in knowing that you are not further contributing to pollution or traffic congestion. The reduction in carbon emissions reduces our carbon footprint, which benefits the environment now as well as in the future.
- **Saves money.** Using public transportation is a money saver any way you look at it. There's less wear-and-tear on your car resulting in lower maintenance costs, lower auto insurance premiums, elimination of costly parking expenses ... and do we even need to mention the reduction in gasoline consumption? All these benefits just put money right back into your pocket; in fact, the American Public Transportation Association states that public transportation saves riders on average \$764 per month.

- **Safer than driving.** Let's face it, if you get into an accident while riding the bus, you're far less likely to suffer injury than if you were in an automobile. The National Safety Council estimates that riding the bus is more than 170 times safer than traveling by car.

There's no longer a negative social stigma associated with taking public transportation. Studies have shown that it vitalizes communities, improves livability, and increases property values. If your area has public transportation and you are tired of the white knuckle daily commute, give the bus a try. It's worked out great for us, helping to lower our stress level significantly.

About the Authors

Donna Payne is the founder and CEO of PayneGroup (www.thepaynegroup.com). She and the company have authored 13 books on Microsoft Office, develop globally used products and offer training and professional services worldwide. Payne is the recipient of the Thought Leader of the Year Award (2013) from the International Legal Technology Association, and is a frequent speaker on technology and privacy.

Shirley Gorman is VP of Client Relations for PayneGroup. She has a much longer commute than Donna has and thus discovered the benefits of riding the bus long ago. Shirley actually enjoys meeting new people on her commute and claims to have gained treasured friendships along the way.

PayneGroup provides bus passes and pays for 100% of the commute cost for employees who travel via public transportation.