Key Workplace Productivity & AI Training Statistics

1. Time Wasted on Email

• The average office worker spends 28% of their week on email alone — that's over 11 hours per week on just one task.
Source: McKinsey Global Institute – 'The social economy: Unlocking value and productivity through social technologies'
https://www.mckinsey.com/industries/technology-media-and-telecommunications/our-insights/the-social-economy

2. Lack of AI Training in the Workplace

• Only 31% of employees say their employer provides any kind of AI training.
Source: Jobs for the Future & HR Dive
https://www.hrdive.com/news/ai-use-increasing-at-work-training-lags-behind/744097/

• Among AI users, only 39% received company training.
Source: Mailmodo Workplace AI Statistics
https://www.mailmodo.com/guides/ai-workplace-statistics/

• In small to mid-sized businesses using AI, only 52% offer any training. Only 37% of employees feel confident using AI.
Source: Business.com Workplace AI Study
https://www.business.com/articles/ai-usage-smb-workplace-study/

3. Time Lost to Inefficient Tasks

• Office workers waste 26% of their time on inefficient tasks — equivalent to 76 workdays per year.
Source: Webexpenses Productivity Report
https://www.webexpenses.com/us/blog/expense-management/pointless-business-processes/

4. Overall Productivity Loss

• Only 31% of the workday is truly productive for most employees.
Source: Quixy – Employee Productivity Statistics
https://quixy.com/blog/employee-productivity-statistics/

• Fatigue and inefficiency cost employers nearly $2,000 per employee annually.
Source: Same as above.