
Better
WORKDAY



2022
SURVEY
RESULTS



Hi, I'm Niamh

And I am on a mission to create a better workday. I believe we can be successful at work AND look after our well-being at the same time.

The 2022 Better Workday Survey was conducted to help understand the current challenges, and opportunities, in the way we work.

Thank you to everyone who took the time out of their busy day to help us understand what a better workday could look like in 2022.

Stay Well

Niamh

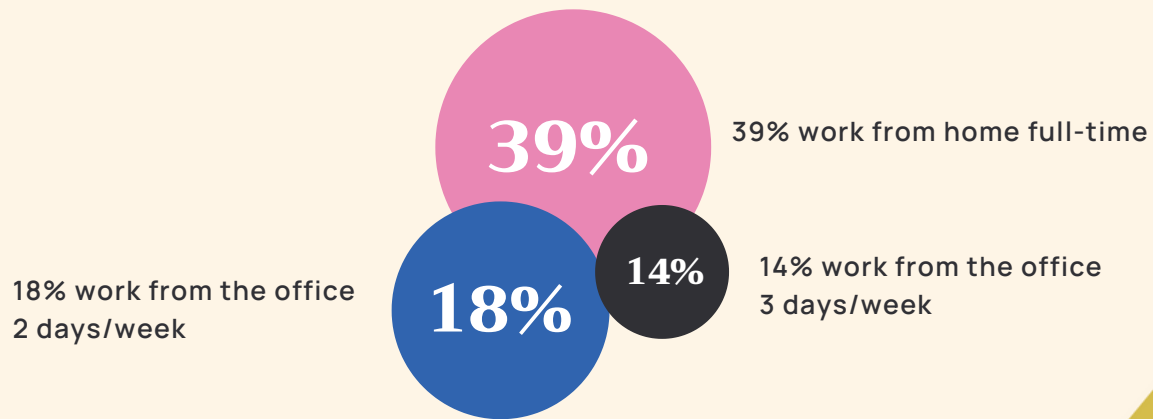


[Key Takeaway #1]

The return to the office

The second Better Workday survey was conducted in Summer 2022. At the same time, companies worldwide were promoting the return to the office under the hybrid working model.

39% of respondents still worked from home full-time, with 32% going into the office 2-3 days per week.



More takeaways:

- Work from the office 1 day/week (6%)
- Work from the office 4 days/week (5%)
- Work from the office 5 days/week (12%)
- Work from the office occasionally (6%)

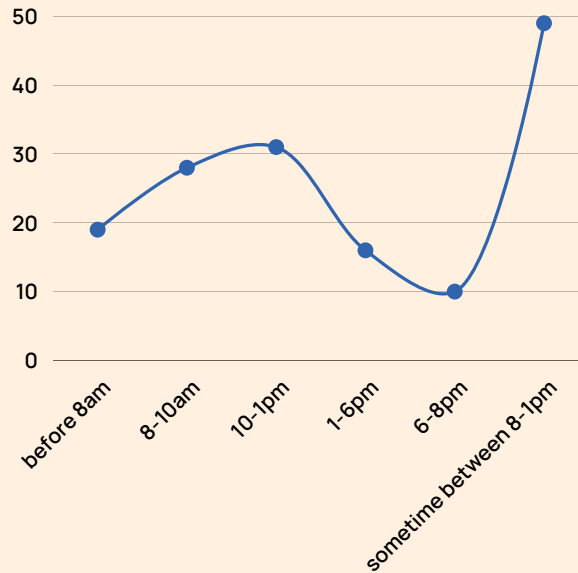


[Key Takeaway #2]

What times of the day are you most productive?

If you want to get something done, plan it for the morning.

WHAT TIMES OF THE DAY ARE YOU MOST PRODUCTIVE?



That's according to the 74% of survey respondents who said they were most productive before lunch.



[Key Takeaway #3]

Overtime is the new normal!

Working evenings and weekends has become the norm for many, with 53% of people regularly working more than 40 hours a week.

HOW MANY HOURS DO YOU TYPICALLY SPEND WORKING PER WEEK?



More takeaways: It varies week-to-week (18%), Other (2%)

[Key Takeaway #4]

How do you feel about your workload?



45% of people feel overwhelmed or frustrated with their workload.



Only 6% of people feel energized by their workload.



[Key Takeaway #5]

The work still gets done



HOW ARE YOU HITTING YOUR DEADLINES?

- I meet my commitments, but I am typically late. Occasionally, things fall through the cracks (27%)
- I keep missing project deadlines. I even forget important meeting or other commitments (3%)

[Key Takeaway #6]

Too many distractions and too few boundaries

39%

I'm constantly distracted. I simply cannot focus on the important tasks due to constant interruptions from coworkers, technology, email, multitasking, etc.

35%

Because of my current circumstances, I have no consistency. A busy season, a transition, or a life event has derailed my ability to focus or keep a steady routine.

20%

I don't have enough "free space" in my life. Work bleeds into nearly every aspect of my life, and I can't disconnect.

More takeaways: I don't have any help. Delegation is impossible. I can't trust anyone else with my tasks, or there is no one else (11%)

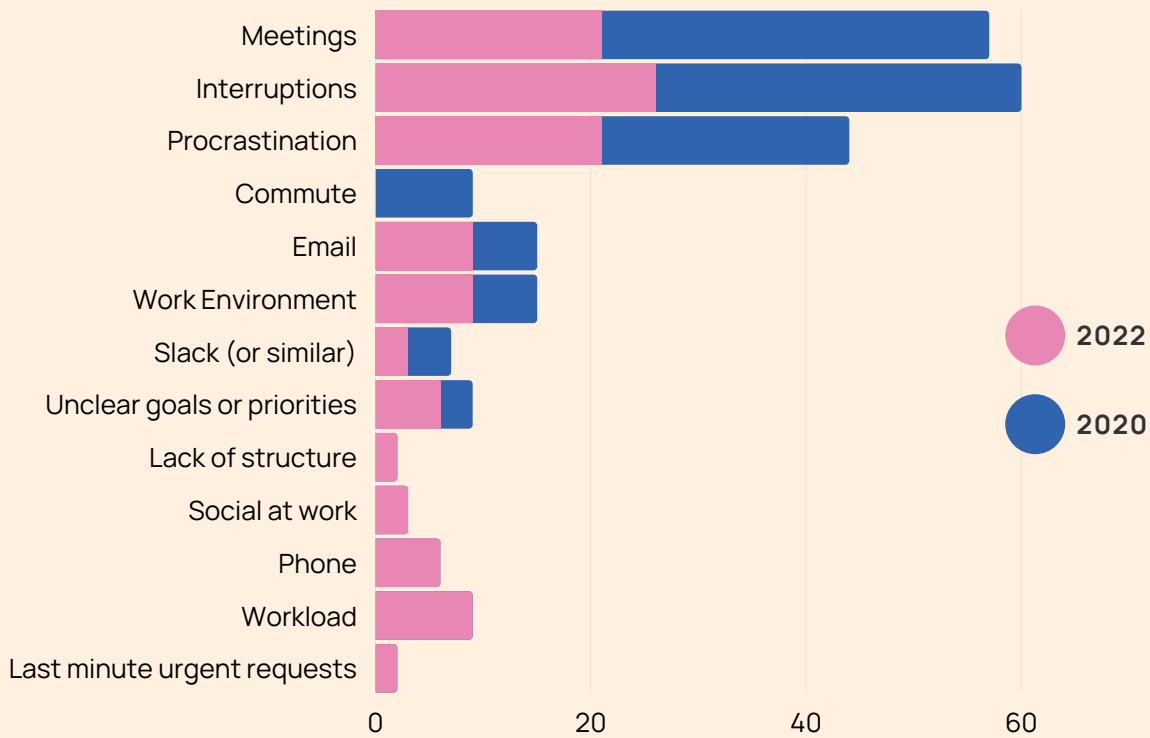


[Key Takeaway #7]

What is the biggest drain on your productivity?



Meetings, interruptions and procrastination are still the top three drains on productivity.



[Key Takeaway #8]

What does "a better workday" mean to you?

"A better workday" means getting things done according to over a quarter of respondents.

1 in 5

want more time to focus

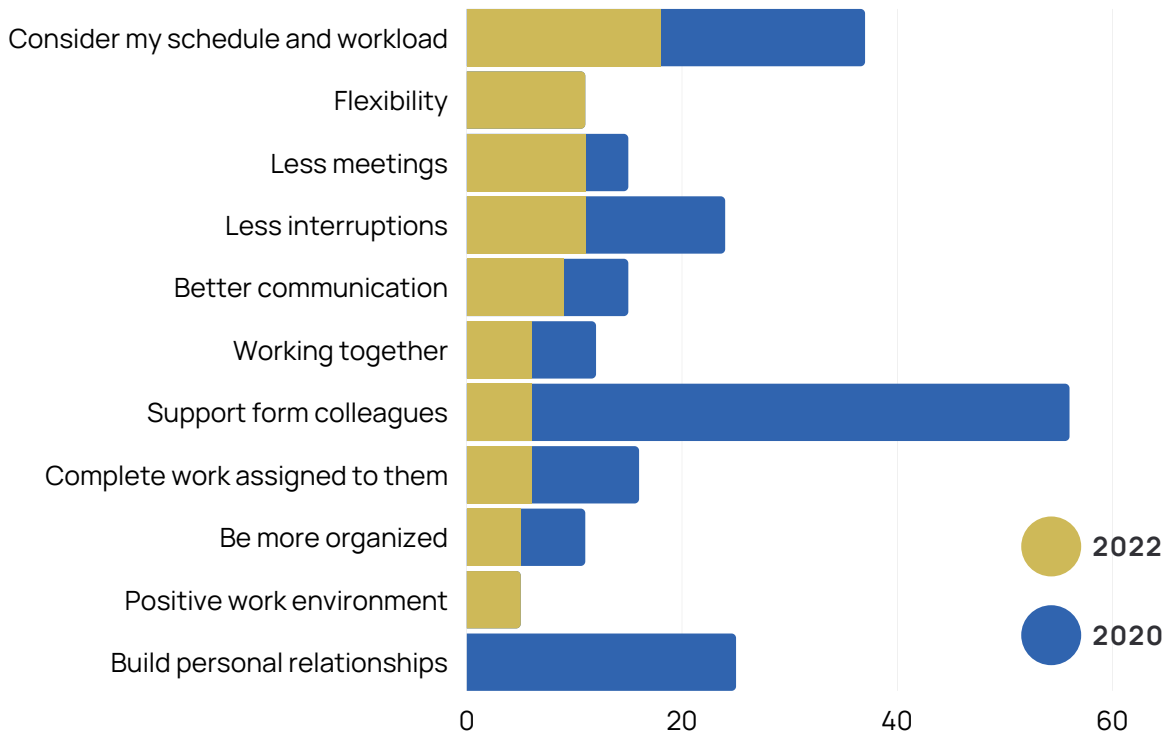


[Key Takeaway #9]

How could others help you have a better workday?

18%

of people say that consideration of their schedule and workload would be helpful in creating a better workday.

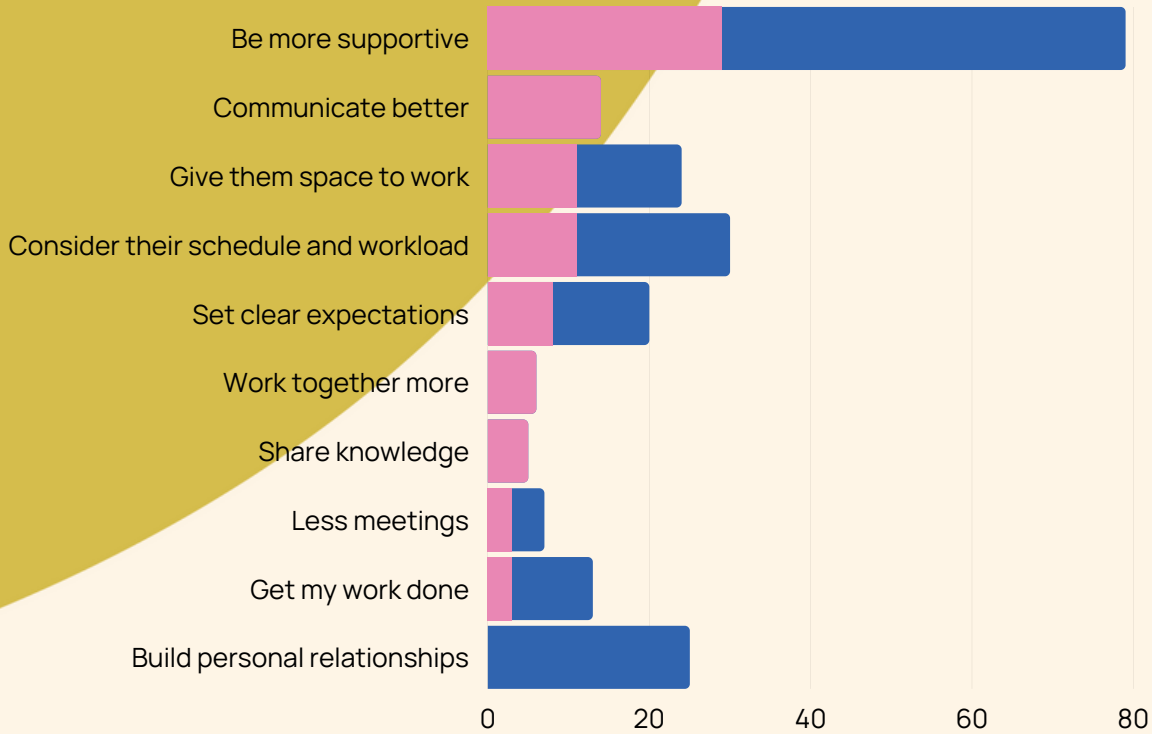


[Key Takeaway #10]

How could you help others have a better workday?

29%

of people want to be more supportive of their colleagues at work.



2022

2020



BETTER WORKDAY

My name is Niamh Brady and I founded Better Workday in response to the growing need to reduce overwork, stress and burnout in the workplace.

I describe a better workday as a day you look forward to because of your work and the people you work with. It is a day when you progress towards your goals and finish with a sense of a “job well done”. Above all else, it is a day where you can switch off at the end and enjoy all the other wonderful things that life has to offer.

I work with companies who want to support their employees and share our belief that you can achieve success without compromising your well-being.

You can learn more at www.abetterworkday.com or by emailing me at niamh@abetterworkday.com



