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## The Balancing Act: Brits vote home as the most productive work location, but 9 in 10 still struggle to get through their daily to-do lists

- New research from Adobe has found the UK is in a productivity crisis, with 86% of working Brits struggling to get through their daily to-do lists, spending just half of their day doing their *actual* job
- As the nation continues to adapt to hybrid working, 'unnecessary' meetings, 'tedious' admin, and other 'pointless' processes are on the rise
- From better efficiency to fewer distractions, Brits are after ways to work smarter not harder

**LONDON, UK – 6<sup>th</sup> July 2022:** As Brits continue to embrace hybrid working, new research from Adobe has found that many are still battling with their to-do lists, spending just over half their day *actually* working. And while this new way of working has brought the nation less hours on the commute and the ability to sign for deliveries, the findings also show the remainder of their working days are spent on 'unnecessary' meetings, 'tedious' admin, and other 'pointless' processes.

Despite Brits voting home as the most productive place to work, the issues they once associated with office life are still hindering their productivity. Half of the 2,000 employed Britons surveyed (49%) said a significant amount of their day is spent updating colleagues on the status of tasks and projects, unexpected phone calls (35%) and last-minute meetings (34%) are all contributing to the productivity gap.

The study also found that at any given time, workers never have fewer than 10 items on their daily to-do list but 86% routinely struggle to get through the tasks at hand. While Brits say they feel more productive when working from home, a host of highly relatable obstacles such as a constant stream of emails filling up the inbox (48%), unexpected calls (43%) and laborious admin tasks (33%) are the main culprits getting in the way of them doing their jobs. And while we believe there may be nothing a cuppa can't solve, one third (33%) even blamed making tea as a hindrance to their productivity.

Brian Green, Vice President for Digital Media, Europe, Middle East and Africa (EMEA) at Adobe said: 'Many of us have more flexibility and freedom to set our own working routine than ever before, yet our utopian ideal of working on our own terms still remains under threat because of an inability to overcome productivity challenges regardless of where we choose to work.'

Although digital tools, which once rescued us from isolation are still in use, we seem to have forgotten their power in enabling enhanced collaboration. From faster feedback and approval cycles to aiding working whilst on the move, we as business owners and leaders need to do more to promote tech that enables productivity in the modern-day workplace"



A vast range of time blockers have contributed to a lack of feeling accomplished, however over a third have found ways to self-soothe and boost productivity with a good desk set up and regular breaks. Days of the week can also play a key part in feeling accomplished, with Wednesday voted the best day for successfully completing tasks, while unsurprisingly, Friday was considered the worst.

On the home versus office debate, 39% of workers find they are most productive when working at home compared to 22%, who prefer the office environment. Of those who are working from home, forgoing the office commute was the biggest bonus.

After the removal of commuting time, being able to manage their own schedules was the second biggest factor persuading 18-24 year olds to work from home. For the 25-34 year olds, 55% preferred this environment because they could do their housework. Whereas for those aged 35 and upwards, the biggest draw to working from home is having a quieter space with less distractions.

**ENDS**

#### **Notes to Editors**

##### **TOP 10 REASONS WHY EMPLOYEES PREFER WORKING AT HOME**

1. Save money/time from no commute
2. My working environment is quieter with less distractions
3. Can manage my own schedule so I'm more productive
4. You can accept deliveries and not worry about them being left outside/not delivered
5. It's better for my mental health
6. Be able to do domestic duties such as housework or washing
7. Better family and social life e.g., take children to and from school or nursery
8. You can wake up later
9. Being able to prep evening meals
10. You can get house chores done

#### **About the research**

The research, undertaken by OnePoll, was undertaken by speaking to 2,000 UK adults who work from home and in the office.

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