Is your workforce ready for the new way of working?

Here's what you need to know

We can no longer work the way we did a decade ago.
90% of all online data was generated over the last two years.
A regular person receives an equivalent of 175 newspapers of data every day, compared to just 55 in 1986. Information is not scarce anymore. The real scarcity in the internet age is our attention - and the average company loses **$10,790** per employee every year on digital distractions.

Information overload leads to
- loss of productivity
- risk of burnout
- possible mental health problems.

Evaluate Your Workplace:

Do your employees have an interruption-free environment at work (i.e. free from interruptions by incoming emails, chat, notifications, phone calls, colleagues, etc)?
Even brief mental interruptions eat up to **40%** of our productive time. Around **60%** of work-related interruptions happen because of technology (incoming emails, notifications, etc). We tend to switch online tasks on average three times within a **15** minute period (University of South California).
After only **20** minutes of interrupted performance people reported significantly higher stress, frustration, workload, effort, and pressure (Gloria Mark)

Are employees encouraged to leave work at work, and avoid answering emails outside of working hours?
The mere expectation of work-related emails at home can cause emotional exhaustion and stress (Colorado State University).

Do your employees have a chance to predictably unplug and work offline regularly?
Consultants who disconnected once a week delivered better projects, and had better relationships with clients than those who were 'always on' (Harvard/BCG)

Do your employees spend their time effectively?
28% of employees' time is spent managing emails (McKinsey)
70% of employees check their emails straight away, but only **30%** say it's expected by their colleagues or boss (LSE)

Do your employees have opportunities for deep work in their work day, without expectations of multitasking?
Heavy multitaskers perform the worst on multitasking tests, are more distracted (Stanford), and have less control over what they do (University of Sussex)

Do your employees have a chance to allow their minds to wander when working on innovation, without expectations to manage day to day digital communication?
The mind's natural tendency is to explore and favour novelty, but when occupied it looks for the most familiar and inevitably least interesting solution (Moshe Bar)

Do your employees pay attention at meetings?
Students who were splitting attention between lecture and cell phone or laptop use performed worse on exams (University of Southern California).

If you answered 'no' to one or more questions, your employees could benefit from getting acquainted with digital wellness

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