

Your productive hours in a Work Day??



Taking breaks is not just okay but also recommended by many successful business leaders to boost productivity. However, answering calls from friends or checking social media might be pushing it.

The study asked participants to estimate how long they believed they spent productively working each day. On average, respondents reported only '2 hours and 53 minutes' of actual productivity during work hours. The study conducted by: www.vouchercloud.com

Respondents selected from a list of potential options, revealing the top 10 distractions. Participants could choose more than one option if applicable.

- Checking social media – 47%
- Reading news websites – 45%
- Discussing out of work activities with colleagues – 38%
- Making hot drinks – 31%
- Smoking breaks – 28%
- Text/instant messaging – 27%
- Eating snacks – 25%
- Making food in office – 24%
- Making calls to partner/ friends- 24%
- Searching for new jobs – 19%

Is this a fact or opinion?

On average, only 21% of workers believed they were productive throughout the day.

Respondents who acknowledged being involved in 'at work distractions' were asked to estimate the time spent on each activity during a typical workday. The overall averages from all respondents disclosed the following durations:

- Checking social media: 44 minutes
- Reading news websites: 1 hour 5 minutes
- Discussing out-of-work activities with colleagues: 40 minutes
- Making hot drinks: 17 minutes
- Smoking breaks: 23 minutes
- Text/instant messaging: 14 minutes
- Eating snacks: 8 minutes
- Making food in the office: 7 minutes
- Making calls to partner/friends: 18 minutes
- Searching for new jobs: 26 minutes

Do you wish to enhance your personal productivity and that of your team? Are you curious about the correlation between work productivity and financial performance? Let's have a conversation to explore and discover ways to improve.

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