

# THE VALUE OF FOCUS

## PROBLEM No. 1

Inability to concentrate at their desk due to interruptions is the top global office challenge for employees.

Unispace, 2024



### 1 IN 2

employees is **regularly disturbed by coworkers calls** or in-person **conversations** at the office.

Gensler, 2025



### 2 HOURS

per day **are lost in distractions** by each employee, the equivalent of nearly 23 working days per year.

Saima, 2025

### ISSUES



### +35%

intensity of **perceived stress** when a **work-related interruption** occurs.

Gloria Mark, 2008



### -40%

productivity when employees repeatedly **engage in multiple tasks** at once.

ActivTrak, 2025



### 2x

**more likely to say that the office supports productivity** for employees with choice in where and how to work.

Gensler, 2025



### +22%

**cognitive performance** when moving from an **open space to an individual room**, +17 when moving to a quiet zone.

Jahncke, Hallman, 2020

### OPPORTUNITIES



### +22%

**productivity gain** for companies that decide to implement **no-meeting days** to safeguard employees' focus time.

Demandsage, 2025



### UP TO 5x

**productivity gain** when employees manage to **maintain focus over time** and enter a state of flow.

Saima, 2025

