

# 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

### ISSUES



## 2 HOURS

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

Saima, 2025

## -40%

productivity when employees repeatedly engage in multiple tasks at once.

ActivTrak, 2025



## +35%

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

Gloria Mark, 2008



## 1 IN 2

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

Gensler, 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



## +22%

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

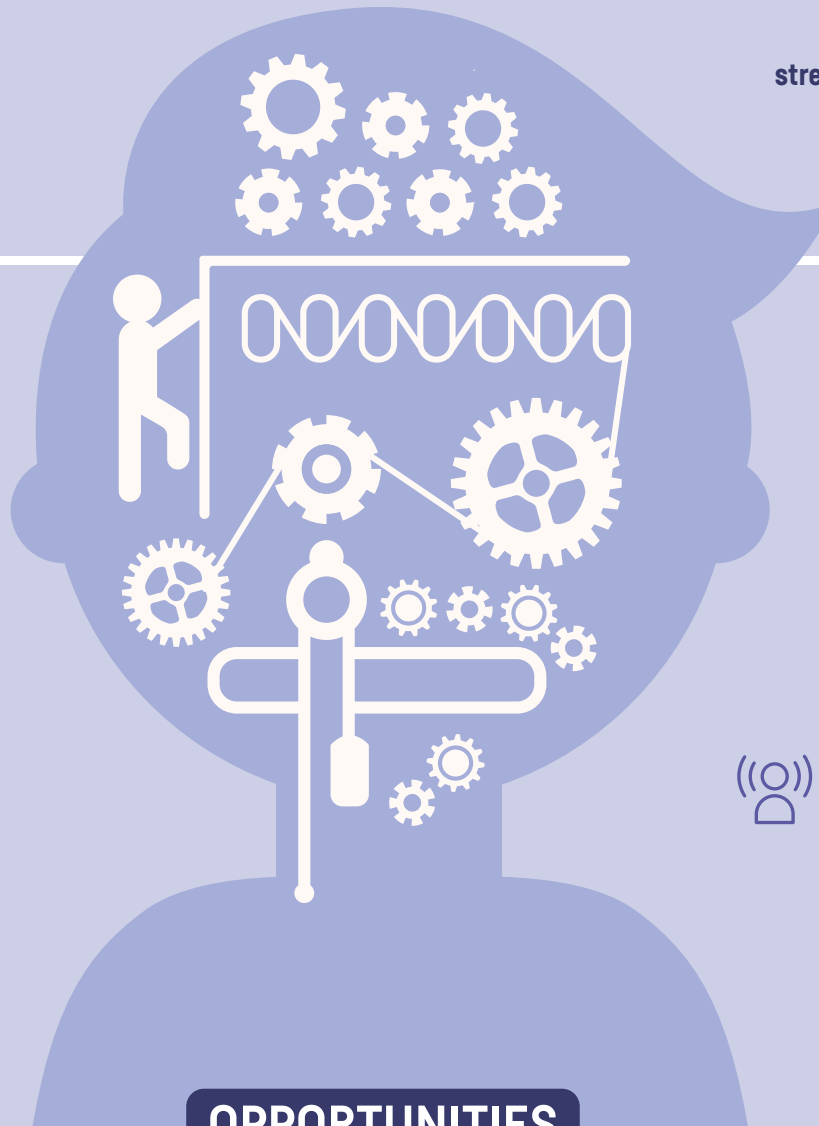
Demandsage, 2025



## UP TO 5x

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

Saima, 2025



### OPPORTUNITIES