

## Survey: One-third of US workers are checked out for more than six weeks per year

- *Thirty-four percent of knowledge workers admit to disengaging for at least one hour daily, which equates to not starting the work year until Valentine's Day.*
- *Sixty-two percent of Gen Z and Millennial workers find collaboration apps such as team messaging and video meetings motivate them to try harder at work.*

NOVEMBER 1, 2018 — [RingCentral Glip](#), a team messaging and collaboration app, today released new survey findings revealing that approximately one-third of US workers (34 percent), including the most highly motivated employees, disengage for at least one hour each day, beyond lunch and other scheduled breaks. This equates to more than six weeks of “checked out” time at work a year and not starting work until Valentine's Day.

This motivation-engagement disconnect is a seeming contradiction that provides new insights into how workers cope with today's increasingly demanding workplaces. The survey conducted by [CITE Research](#) on behalf of RingCentral Glip sheds light on how over 1,000 US knowledge workers define how to be their best selves at work, and investigates the impact of factors that affect motivation and productivity in the workplace.

## Disengaging on the job and being motivated at work aren't mutually exclusive

**Good news: nearly all US workers are motivated** (93 percent) and more than half are very motivated. Moreover, 88 percent are committed to doing their best at work.

### Despite high motivation, virtually all workers “check out”

- **Modern workers disengage:** Even 28 percent of workers who say they are motivated at work admit to disengaging for over one hour per day. Despite the negative connotations, these findings align with [research](#) that shows small breaks during the day play a vital role in boosting productivity and motivation.
- **Even leaders disengage:** Twenty-two percent of C-suite members and 34 percent of directors and managers tune out more than one hour per day.
- **Gen Z and Millennials are the most checked out at work:** They are nearly twice as likely as their Gen X and Boomer counterparts to disengage at work for an hour or more each day (43 percent vs. 23 percent). However, this younger group largely feels no less motivated than any others to do their best at work.

## Collaboration fuels motivation

The research identifies technologies that can deliver significant improvements in engagement, motivation, and productivity at work. According to [RingCentral's recent app overload report](#), workers find team messaging-centric platforms to be the least disruptive work activity and prefer a single platform for all their communications.



- More than half of workers who feel very motivated at work (56 percent) use team messaging solutions, a full **11 percent higher than those who do not**.
- **Sixty-two percent of Gen Z and Millennial workers** find apps like team messaging and video meetings motivate them to try harder at work.
- **The ability to work remotely motivates 84 percent of workers to try harder. Sixty-five percent of workers** with team messaging take advantage of this perk (vs. 42 percent without), highlighting how this solution is conducive to remote work.
- Workers without team messaging are twice as likely to have no friends at work. This shows that **team messaging fosters deeper connections and friendships at work**, which [significantly increases performance and retention](#).

“Even though workers today have access to a wide range of tools designed to maximize productivity, many need to press pause during the workday,” said Mike Pugh, Vice President of Collaboration at RingCentral Glip. “To help employees become their best selves, today’s employers have clear guidance from their workforce—provide collaboration apps that drive motivation and also enable casual conversations and interpersonal relationships.”

For more information on the survey findings, please visit: [INSERT LINK TO PAGE].

### **About RingCentral**

RingCentral, Inc. (NYSE:RNG) is a leading provider of global enterprise cloud communications and collaboration solutions. More flexible and cost-effective than legacy on-premises systems, RingCentral empowers today’s mobile and distributed workforce to communicate, collaborate, and connect from anywhere, on any device. RingCentral unifies voice, video, team messaging and collaboration, conferencing, online meetings, and integrated contact center solutions. RingCentral’s open platform integrates with leading business apps and enables customers to easily customize business workflows. RingCentral is headquartered in Belmont, California, and has offices around the world.

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