THE COST OF UNNECESSARY MEETINGS

Work meetings are meant to be vehicles that enhance workplace productivity. But what happens when the opposite is true — and they become drags on efficiency and morale?



TIME IS WASTED.

25M

There are **25 million** meetings per day in America.¹

15%

15% of an organization's collective time is spent in meetings.1

35%

Middle managers spend **35% of their day** in meetings.¹

1/2

Upper management spends ½ of their day in meetings.1

4 HR

Employees spend up to
4 hours per week
preparing for status
update meetings.1

EMPLOYEES AREN'T ENGAGED.

67%

67% of executives consider most meetings a failure.²

92%

92% of employees admit to multitasking during meetings.²

69%

69% admit to checking email during meetings.²

49%

49% admitted to doing other, unrelated work.² 41%

41% admitted to multitasking "often" or "all the time".1

ULTIMATELY, BUSINESSES SPEND \$37 BILLION ANNUALLY ON UNPRODUCTIVE MEETINGS.

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1 https:// 2 https:// oncur.com/newsroom/article/are-meetings-costing-your-business-too-much-money

