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Navigating The Time-Saving Continuum: The Dual Promise Of AI

Amy Blankson Contributor

Explores the modern challenges of finding balance in the digital era.

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Welcome to the future, a realm where artificial intelligence (AI) not only revolutionizes our tasks but also hands us back a precious [30% of our time](#). This quantum leap in efficiency has sparked a galaxy of excitement. Imagine: what could you do with that extra time? Employees dream of diving into passion projects or upskilling,

while leaders see a golden ticket to boost productivity or perhaps streamline their teams.

The Great Time Divide: A Launchpad for Growth or a Black Hole of Overwork?

Here we stand at a crossroads, with AI extending an invitation to a new era of work and life balance. Employees, envisioning time for growth and personal development, are buzzing with anticipation. They're not just thinking about leisure; they're planning to enrich their careers and personal lives.

On the flip side, employers eye this 30% time saving as a chance to push the envelope on what their teams can achieve—potentially without adding more hours to the clock. This could mean scaling operations up or down, focusing on innovation, or just boosting the bottom line. However, this focus, if driven solely by profit, risks missing the human element essential for sustained innovation and employee satisfaction.

Engage: The Critical Need for Transparent Dialogues

This exciting potential brings us to a vital junction: how do we decide what to do with this newfound time? And how can we ensure it doesn't just evaporate into thin air or get absorbed into a vortex of new demands on our time?

The key lies in transparent, strategic dialogues between employees and leaders. It's not just about reallocating time but about creating opportunities for enrichment and efficiency alike. This dialogue, a communication charter of sorts, is about setting clear expectations and crafting a future that benefits everyone involved—balancing the scales between personal development and organizational objectives.

Finding Balance: Thriving in the AI-enhanced Workplace

Our mission is to navigate this new landscape thoughtfully. According to the new [2024 Work Trend Index Annual Report](#) conducted by Microsoft and LinkedIn across more than 31,000 employees, 68% of employees were struggling to keep up with the pace and volume of their work and 48% of workers expressed that they feel burned out. By allocating saved time towards both innovation and personal development, we can foster a more engaged and fulfilled workforce. This balance not only prevents burnout but also propels creativity and productivity.

Forward-thinking companies, like those certified as the world's most [Digitally Balanced Workplaces](#), recognize that prioritizing a human-centric workforce is key to achieving organizational outcomes *and* attracting top talent, particularly among Gen Z who arguably have the most sought-after skills to leverage AI gains in the future.

The Role of Digital Wellness

As we embrace the potential of AI, let's focus on using this newfound time wisely. It's a chance not just to enhance productivity but to enrich our lives, making room for joy and satisfaction alongside efficiency. Let's use this opportunity to spark a positive transformation in the workplace, ensuring that the time saved by AI becomes a wellspring of creative and personal growth.

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Amy Blankson

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Amy Blankson explores the modern challenges of finding balance in the digital era. A graduate of Harvard and Yale School of Management, Blankson is the Chief Evangelist of... [Read More](#)