

# Understanding and Overcoming Video-Meeting Fatigue

A new [Webex by Cisco study](#) reveals the causes and consequences of video-meeting fatigue. It also offers insights to help employees thrive in a work-from-anywhere world. Hint: Improvements to the culture surrounding video meetings—plus the right technology—can make all the difference.

## Video-Meeting Fatigue Is Real

**95%**

Workers experience video-meeting fatigue and say changes to company culture and technologies would reduce it.

**81%**

Employees indicate they feel some physical ailment at the end of a workday filled with video meetings.



## Hybrid Work and Video Meetings Are the New Normal



**93%**

Spend two or more hours per day in video meetings.



**50%**

Work from home eight or more days per month.



**56%**

Report spending more time in meetings since they started working from home.

When asked what would reduce video-meeting fatigue, people flagged two key improvements: **culture changes** around meetings and **better meeting technology**.

## Video Meetings Are Still a Great Way to Connect and Inspire

People who **regularly** meet via video are:

**2.4x** more likely to say it's easier to collaborate.

**2.6x** more likely to say they've experienced increased empathy from colleagues.

**1.5x** more likely to say it's easier to connect with colleagues in any location.

In addition, they're also happier and less likely to leave their company.

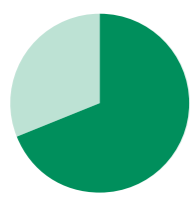
Conversely, those who **rarely** meet via video are:

**2.7x** less likely to feel connected to company strategy.

**3.2x** more likely to say they're unhappy with their current company.

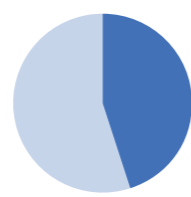
## Technology Shortcomings Worsen Video-Meeting Fatigue

Background noise, poor sound and video quality are employees' primary frustrations.



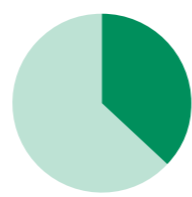
**69%**

Primarily use laptops for video meetings.



**45%**

Use laptops with no peripherals.



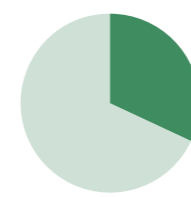
**37%**

Struggle with background noise.



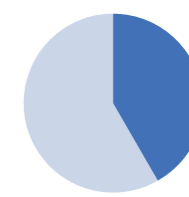
**34%**

Complain about poor sound.



**32%**

Complain about video quality.



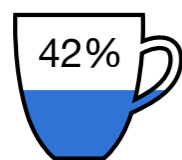
**54%**

Lack the proper technology to collaborate when working remotely.

## How Companies Use Video Tech Matters

Here are the top three factors people say would help reduce video-meeting fatigue:

Reduce number of back-to-back meetings.



Add a five-minute break between meetings.



Create company-sanctioned meeting-free days.



## Collaboration Technologies Bring People Together, and Make Them Want to Stay

Employees are frustrated with their virtual-collaboration technology. They also see a company's office culture as part of the problem—and the solution.

Workers who plan on leaving their current employer in the next two years.

**42%**

Employees who reported having the proper tech and video-collaboration tools to do their work.

**28%**

Employees who plan to leave their company within the next 5 months.

**59%**

Employees who plan to stay with their company.

## The Right Tools Matter, Too



Users of Webex collaboration devices indicate that they're better prepared and more productive.

**30%**

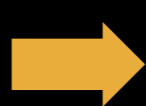
Have fewer frustrations than those using a laptop.

**40%**

Enjoy higher productivity when working remotely.

**65%**

Are more likely to say they never get frustrated during video meetings.



The workplace will never be the same. That's a good thing. Get ready for the future—today—with [Webex by Cisco](#).