

How Australians are connecting

Zoom asked more than 1000 Australian office workers about their engagement in their work to understand how technology can drive connections.



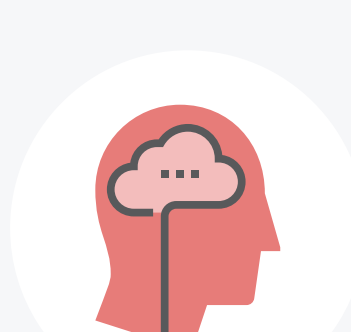
The research shows people with higher levels of connectivity are:



Happier at work



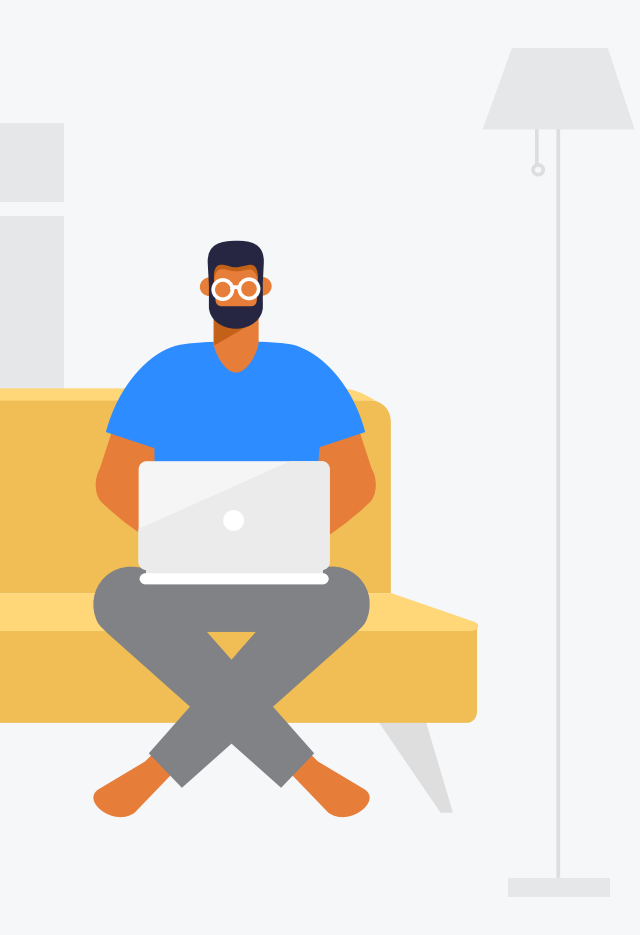
More likely to stay at their company



Perform better in their roles



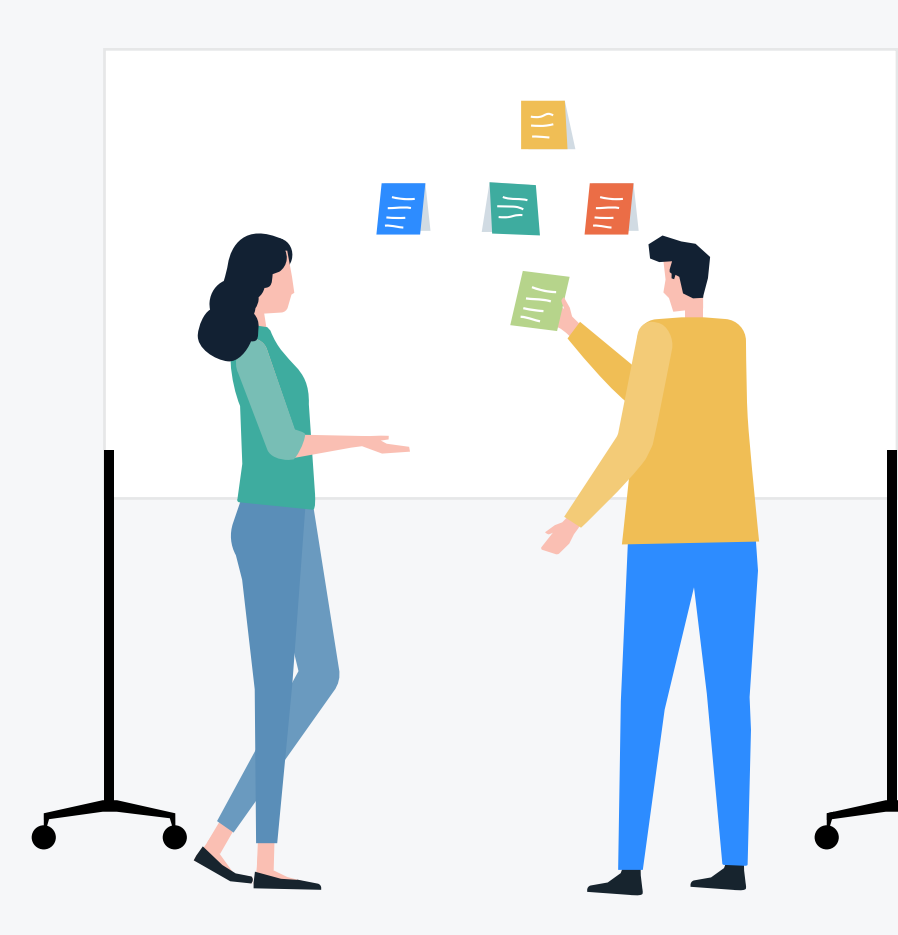
The happiest workers are those sharing their time between home and the office. In fact, hybrid workers are:



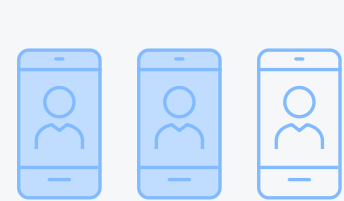
2x more likely to feel workplace tech has helped their work-life balance

2.7x more likely to feel meetings are shorter now

3.5x more likely to feel workplace tech gives them more time for sleep and exercise



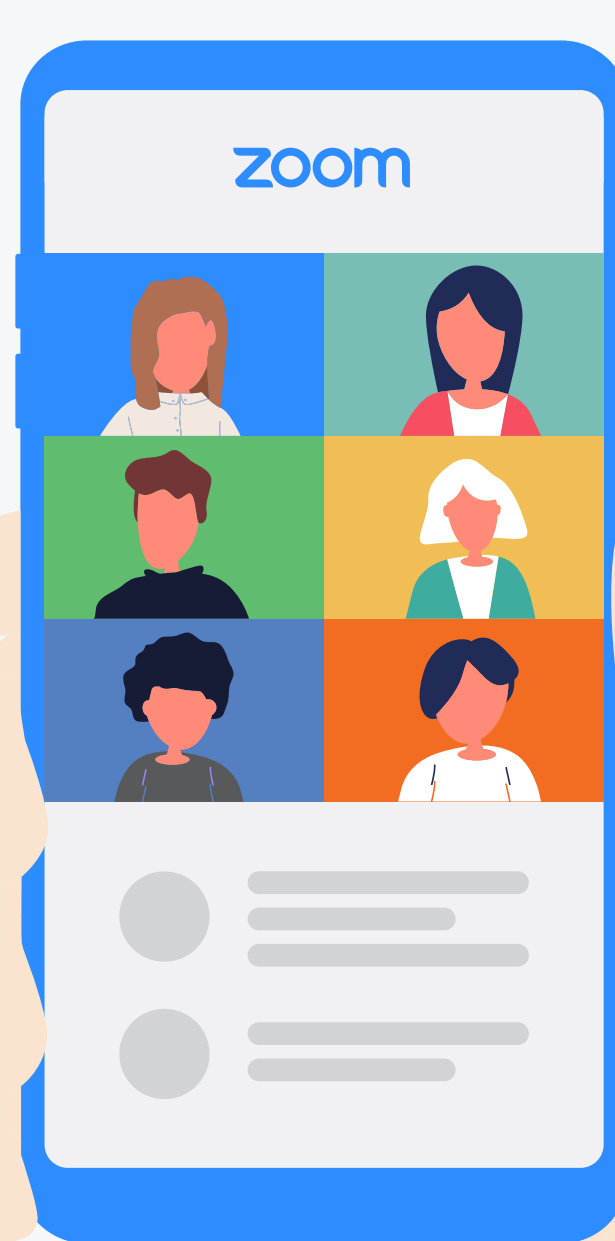
Video calls are the #1 method tech workers have been using to stay connected in 2020.



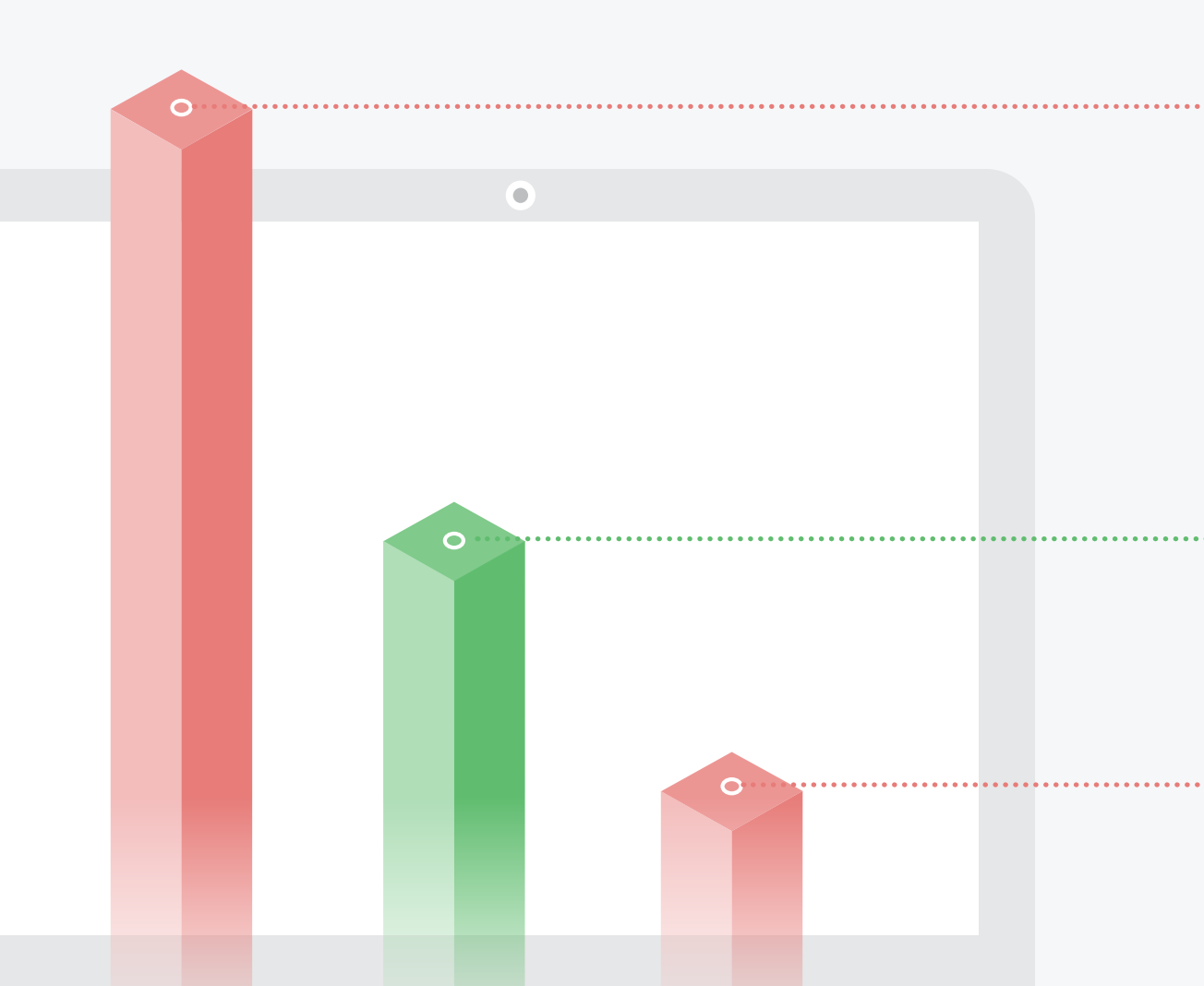
2 in 3 workers say video conferencing is essential for their job.



7 in 10 say video communications makes it easier to connect with more senior colleagues.



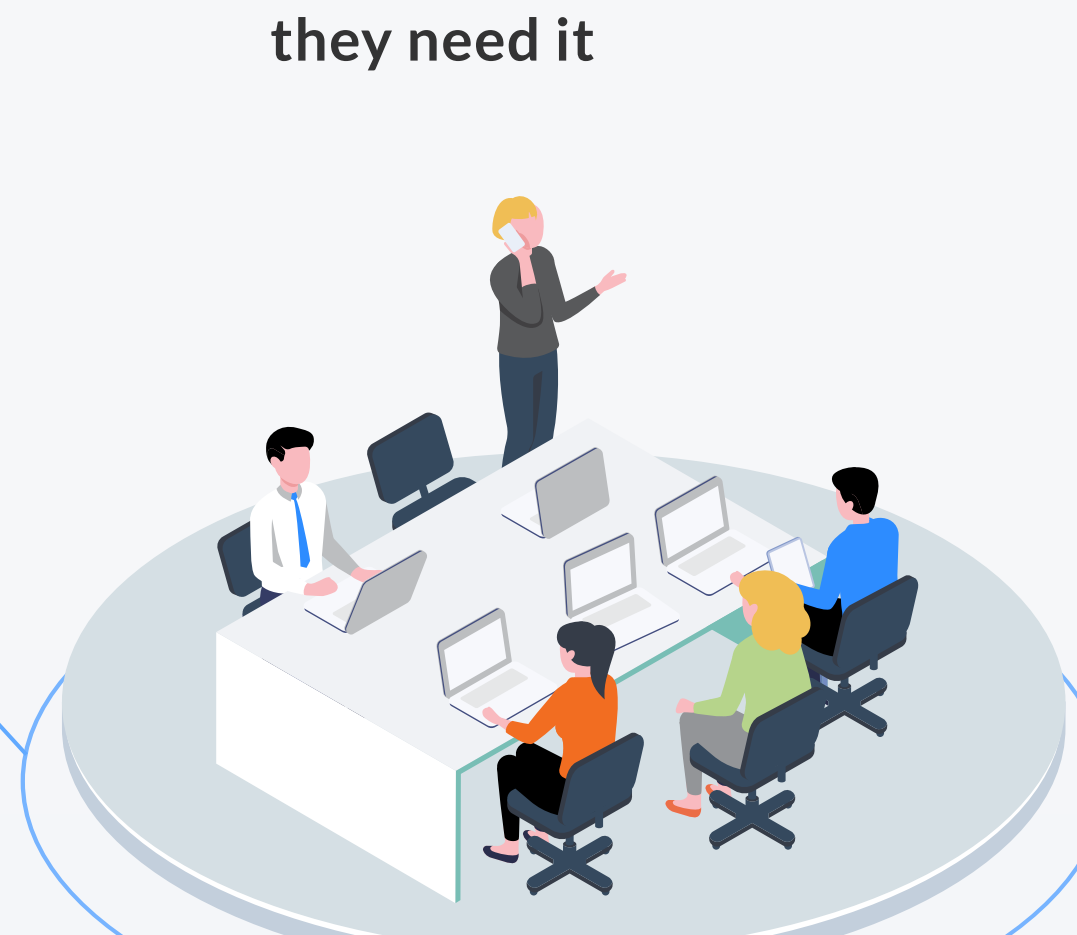
Being able to choose what tech they use has a significant impact on worker engagement. Those that can choose their tech rather than take what they are given are:



115% more likely to say they have more free time because meetings are shorter

61% more likely to feel included at work

30% more likely to be able to access info when they need it



Tech is just a fraction of the story – it's really about enabling people to feel seen, heard, and understood.

To view the full results, download Zoom's Australian [Connectivity Report 2020 here](#).

- Colour key:
- Efficiency
 - Engagement
 - Empowerment
 - Emotional benefits

