AI Saves Office Workers an Average of 17 Workdays Each Year, According to Auxilion Survey

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Dublin, IE - October 16, 2025 -
Auxilion, the leading Irish IT managed services provider, announces new research revealing that artificial intelligence (AI) tools are saving office workers in Ireland the equivalent of 17 workdays per year. The findings, based on a nationwide survey conducted by Censuswide on behalf of Auxilion and HPE, show that employees are gaining almost three hours of productive time each week ? approximately two hours and 54 minutes ? thanks to AI adoption in the workplace.

The research, which surveyed 1,000 office workers, highlights that the additional time gained from AI efficiency is being used to focus on higher priority tasks (44%), improve productivity (42%), and invest in upskilling or professional training (29%). These findings underline how AI is reshaping the modern workday and enabling employees to reallocate time to more strategic and value-driven activities.

However, the survey also found that employees are not ready to give up these gains easily. One in five (22%) respondents stated they would consider changing jobs if their employer decided to ban the use of AI tools. Among those already using AI, 68% said that the technology makes their work easier, and over a quarter (27%) admitted they would not be able to complete their work effectively without it.

While the productivity benefits are clear, the report also highlights a growing awareness of ethical challenges associated with AI. Nearly one-third (31%) of office workers said they have raised concerns about the ethical use of technology within their organisation. Additionally, more than a quarter (27%) believe their personal use of AI could be viewed as unethical. The most common concerns cited were using AI tools to complete work tasks without notifying a manager or supervisor (45%) and inputting confidential company or customer information into AI platforms (26%).

These issues appear to stem from a lack of organisational guidance. Almost half (42%) of respondents reported that they have not received any formal training or policies from their employer on the safe or

responsible use of AI tools. This suggests that while AI adoption continues to rise, many businesses have yet to implement the governance frameworks required to ensure ethical and secure usage.

The survey also revealed underlying concerns about job security. Nearly half (48%) of workers expressed worry that AI could replace their roles or key aspects of their responsibilities in the future. This anxiety was most pronounced among younger employees aged 18 to 24, with 54% fearing automation could eventually impact their career prospects.

Commenting on the findings, Eleanor Dempsey, Director of Strategy, Innovation and Transformation at Auxilion, said:

?There is no denying that AI tools can deliver impressive productivity gains for individuals. However, the reality is that for most organisations, widespread adoption of generative AI has yet to produce significant improvements in overall performance or the bottom line.

All too often, AI is treated as a quick fix rather than woven into the operational fabric of the business. Without robust governance, risk management, and a clear focus on business outcomes, companies risk spending more time addressing issues in AI rather than realising the benefits. The real opportunity lies in building enterprise-grade solutions that are secure, compliant, and truly transformative for the organisation as a whole.?

Auxilion?s research points to a clear need for businesses to balance innovation with responsibility. As AI becomes more embedded in everyday workflows, organisations must prioritise education, establish clear ethical standards, and invest in structured training to help employees harness AI safely and effectively.

About the Survey

The survey was conducted by Censuswide in July 2025 among a sample of 1,000 office workers aged 18 and above in the Republic of Ireland. Censuswide complies with the Market Research Society?s code of conduct and ESOMAR principles and is a member of the British Polling Council. The calculation of 17 saved workdays is based on an eight-hour working day over an average of 46 working weeks per year, excluding 20 annual leave days and 10 public holidays.

About Auxilion

Auxilion is an award-winning provider of IT services, delivering tailored solutions to both public and private

sector organisations across the UK and Ireland. The company?s services include consulting, project management, project delivery, digital transformation, and managed services. Supported by one of the largest project management teams in the region, Auxilion ensures the successful delivery of large-scale IT programmes and strategic initiatives.

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