Al at Work Is Here. Now Comes the Hard Part





Finding 1

Employees want Al at work—and won't wait for companies to catch up

They're bringing their own tools even as leaders face Al inertia.

- 70% of knowledge workers based in the DC area use generative AI at work. (vs. 71% of US knowledge workers)
- While more than three-fourths of leaders based in the DC area believe their company needs to adopt AI to stay competitive, just over half of leaders based in the DC area worry their organization's leadership lacks a plan and vision to implement it. (vs. 77% and 60% of US leaders)
- 78% of AI users based in the DC area are bringing their own AI to work (BYOAI). (vs. 63% of US workers)



Finding 2

For employees, Al raises the bar and breaks the career ceiling

Some are itching for a career change, and there is a massive opportunity for those willing to skill up on AI.

- Just over half of leaders based in the DC area say they would not hire someone without Al skills. (vs. 65% of US leaders)
- About half of leaders based in the DC area say they'd rather hire a less experienced candidate with Al skills than a more experienced candidate without them. (vs. 71% of US leaders)



Finding 3

The rise of the AI power user—and what they reveal about the future

Power users use AI at least several times per week. They say it saves them more than 30 minutes per day.

- Over-three fourths of AI power users based in the DC area start their day with AI and nearly all use it to get ready for the following day. (vs. 80% and 82% of US AI power users)
- Al power users based in the DC area are about 140% more likely to frequently ask co-workers what prompts they find most useful and 90% more likely to experiment with different ways of using Al. (vs. 40% and 45% more likely for US Al power user)

Nearly Three Out of Four People in the DC Area Are Using Al at Work

Usage nearly doubled in the last six months.

70% of people are already using AI at work

44% of them started using it less than 6 months ago



Survey Questions:

How often do you use generative artificial intelligence (AI) for your work? How long have you been using generative artificial intelligence (AI) at work?

Read the full report on WorkLab

