Save An Hour Each Work Day By Using AI

Use smarter tools to save time, reduce stress, and stay focused on what really matters.

Today solo founders, small businesses, and lean teams are using AI to reclaim time, cut costs, and operate more efficiently. According to a 2024 report by Adecco Group Global, workers save an average of one hour per day across any industry – and in some cases, save up to four hours. In turn, sectors like energy, tech, and manufacturing are reporting better work-life balance, creative output, and higher-level work.

Where That Time Goes and Why It Matters

The report highlights that AI-driven efficiency isn't just theoretical, it's measurably happening across sectors. But most teams still don't know where to begin. That's why identifying high-friction tasks is key to capturing these gains.

The Task	What AI Can Do
Writing emails	Draft client emails, updates, proposals
Summarizing documents	Turn long PDFs, reports, or transcripts into digestible text
Posting social content	Generate post ideas, captions, and variations across platforms
Providing support	Build knowledge bases that answer common questions
Analyzing data	Use AI to interpret complex data input into simpler formats

These are all necessary, low-leverage tasks. With the right AI tools, you can reclaim this time and reinvest it where it matters most – like growing your business.

How Fiftysix Helps

According to the report, only 25% of workers have received training on how to apply AI effectively. At Fiftysix, we work with startups and small teams to make AI actionable, not overwhelming.

By matching the right tools to your workflow, identifying what to automate, and building lightweight AI-powered automations, we can save you hours every week. You don't need to be technical. You just need to use your time better – and we'll help you do that.

We don't just explain AI, we build long-term value. Learn more at fiftysix.tech, or email hello@fiftysix.tech.