

What triggers stress in hybrid meetings?

Workers all experience the Hybrid-Working Paradox, in day-to-day virtual and hybrid meetings. On occasions, hybrid work can make them feel highly empowered. They're productive and get loads of tasks done. And sometimes they crash into the borders of virtual collaboration. Technical, emotional and functional frustrations take the upper hand and they feel a disconnect. Let's look at the main factors driving hybrid meeting stress.

Discover how ClickShare can help you



71%
find hybrid meetings stressful



7 in 10
are frustrated by recurring technical issues



60%
encounter technical challenges when trying to access or conduct virtual conversations

What are the most common challenges in hybrid meetings?

Collaboration and connection between employees are the glue of the company. And in a hybrid environment, these can be under very high pressure.

Meeting equity has become more than just a buzzword. Adding remote participants to a meeting, makes collaboration more complex and less intuitive. It can be hard to get a seat at the virtual, hybrid table.

1 in 3
feels silenced in videocalls



61%
find it hard to get noticed



1 in 2
has technical issues with audio and/or video



Emotional challenges

Although most workers feel satisfied, socially involved and energized in hybrid meetings, some struggle with the following emotions.



1 in 3
finds it difficult to speak up as off-site participant



35%
have a hard time engaging with all people during hybrid meetings



60%
feel less connected to colleagues after a hybrid meeting



57%
feel distracted



1 in 2
feels like they can participate less when off-site

Functional concerns

Not being physically present in meetings can clearly have an impact on workers. They miss critical clues and parts of the conversation or have issues joining the virtual conversation.



63%
of remote participants are unable to follow side conversations



31%
can't read body languages or social cues



6 in 10
have troubles to grab the attention in the meeting



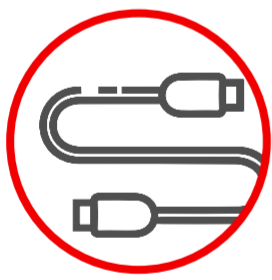
56%
say meeting leaders focus too heavily on those who are physically present in the meeting room



62%
can't hear people properly

Technical issues

Hybrid meetings heavily rely on technology to facilitate seamless collaboration. The quality of the connection, integration of different solutions and the complexity and user-friendliness of technology all play a role.



48%
wrestle with cables



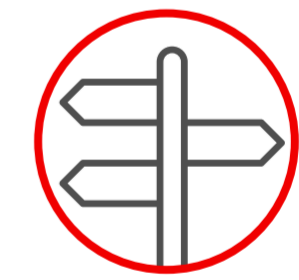
58%
have issues with sharing content



1 in 2
has difficulties to connect to audio and video



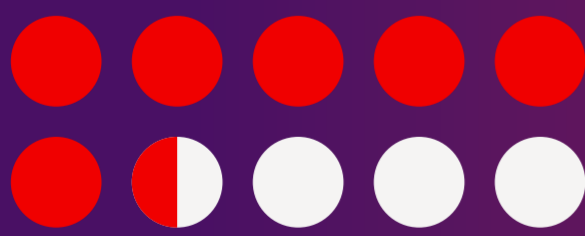
54%
are faced with malfunctioning meeting room tech



1 in 2
is confused by different setups in different meeting rooms

Meeting equity under pressure

Not having equal access to tech, content and conversation ultimately impacts the workforce's well-being, engagement and churn. The majority of issues can be brought back to a simple lack of tech savviness of workers.



6,5 on 10
workers give themselves only a 6,5 on 10 for knowledge of videoconferencing tools



44%
who experience tech issues during hybrid meetings think about leaving the company

IT to the rescue

To boost engagement and retain talent, IT departments can implement meeting room technology to make the connection with the remote user seamless. The tech puts any user at the heart of the meeting experience, no matter where he or she is located.



1 in 2
believes their employer could invest more in hybrid meetings

Discover how ClickShare can make your hybrid meetings better