

Det menneskelige aspektet: Arbeidslivet etter KI

● **Future of Work & Life** | OBOS Showroom · 1st floor | 11:55–12:15 | 

Part of Etter KI: Hva skal vi egentlig på kontoret for?



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Oslo survey: mostly working from home goes with lower NPS

Mathias Willumsen (Epicenter) and Maria Hope (Entra) presented a quantitative survey of 1016 respondents in Oslo. 72% reported a good or very good work environment and 59% strong belonging to their employer, yet 24% expected to change jobs within 2 years and the NPS score was -13. Respondents averaged 1.2 days of home office, and 55% reported mandatory office time. Those working mostly from home had an NPS of -27, against -8 for those mostly at the office, though the speaker notes said the data cannot show cause and effect. The deck also linked coordinating office days with colleagues to work environment, team collaboration and meaningful work. It closed with a quote from Nils Brede Moe of SINTEF: teams that do not know how to learn together will get less out of AI, and psychological safety matters more than ever.

KEY TAKEAWAYS

- 56% worked in open landscapes, 21% in cell offices and 19% in activity-based offices.
- Half of sick leave was reported as job-related, and 18% had been on long-term sick leave.
- Notes: employees want leader help to prioritise workload, but mental health measures go to home office, exercise or psychologists.
- Hopes for AI led with automating routine tasks (48%); worries led with errors or misuse (57%).
- AI use was driven by the youngest, new hires, those with an active leader, and the private sector.

-13

NPS score across the 1016 survey respondents