



IN THE NEWS

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Women More Productive Than Men, Study Reveals
Data from leading productivity expert and bestselling author also shows striking productivity patterns by income and age.

Highlands Ranch, Colo. (DATE, 2005) -- When it comes to personal productivity, women outperform men according to a study by Laura Stack, international productivity consultant and bestselling author of *Leave the Office Earlier*.

“Although the overall Productivity Quotient™ (PQ) for both men and women fell in the ‘average’ range overall, women's PQs were consistently higher than men's in all age brackets,” Stack says. “However, as women's income increases, their personal productivity dips. For men the inverse is true. As income rises, their productivity improves.”

The study also reveals that both sexes show the same productivity pattern as they age. “Personal productivity for both men and women drops after age 25 and then plateaus during the prime income earning years. Then productivity for both men and women starts to rise in the late 40s and eventually reaches the highest productivity levels of their lives in their late 50s and 60s,” Stack says.

<u>PQ Scores by Age Bracket</u>					
	<u>18-25</u>	<u>26-35</u>	<u>36-45</u>	<u>46-55</u>	<u>56-65</u>
Women	335	312	318	330	350
Men	324	308	301	319	341

<u>PQ Scores by Income Bracket</u>			
	<u><40K</u>	<u>40-75K</u>	<u>75-100K</u>
Women	325	322	317
Men	310	320	325

“This suggests that there is still a long productivity learning curve marked by a constant struggle to find strategies and tactics that work. This could also be related to children leaving the nest.”

The study's results are based on over 1400 men and women who completed Stack's PQ assessment from 2004 and 2005. The self-administered PQ assessment covers 100 questions

measuring 10 factors that shape an individual's personal productivity: Preparation, Reduction, Order, Discipline, Unease, Concentration, Time Mastery, Information Management, Vitality and Equilibrium.

“The data also shows that of the 10 productivity factors, people reported that they are most adept at Information Management, which involves using technology and tools to manage information. But they are least successful at Reduction, which defines how well they reduce ‘speed bumps,’ or things that waste time. These results confirm my personal experience as a consultant: that people still need to get better at delegating, saying no, stopping interruptions and eliminating junk.”

For more tips on how to be cut down on wasted time and be more productive, please visit the Media Room at www.TheProductivityPro.com (password: productivitypro). Free articles are available, and reprint permission is provided.

About Laura Stack, MBA, CSP

Laura Stack, MBA, CSP, is president of [The Productivity Pro, Inc.](http://TheProductivityPro.com), an international consulting firm specializing in productivity improvement in high-stress industries and is also the media’s go-to expert on personal productivity and workplace issues. Laura is the author of the bestselling book *Leave the Office Earlier* (2004 Broadway Books). She has appeared on many top news media outlets including CNN, NBC-TV, NPR, Bloomberg, the New York Times, and numerous leading magazines. Laura presents keynotes and seminars on surviving information overload, managing multiple priorities, reducing stress, and balancing work and family.

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