

THE ADMIN BURDEN INDEX

The AI Productivity Trap

Management Consultancy
Industry Briefing

Fyxr

EXECUTIVE SUMMARY

Consultants are ahead of the AI curve

Management consultants are among the most active AI users surveyed in our [AI Productivity Trap Report](#). 98% have now used AI in some form and 65% use AI daily, nearly 20 percentage points ahead of our main sample surveying US office workers.

Management consultants are also far more likely to find AI genuinely helpful, report that it's increased their productivity and have an optimistic outlook on its future application within the workplace. 27% also report that AI has changed the type of work they're doing, again tracking ahead of our main sample data of 25%. This task transformation is what defines the 'AI Superworker'—employees who are leveraging the most from AI.

Our main sample report found that integrated tools, embedded at the workflow level, are the differentiator allowing AI Superworkers to pull ahead and generate the biggest productivity gains. Management consultants appear to be consistent with these findings, having adopted integrated AI tools at a higher rate.

The opportunities for this sector now lie in closing the gaps where AI is still not being leveraged to its full potential, particularly within email and moving more users from partial to full integration.

Top findings

- **98% of management consultants use AI in some form, making this one of the highest-adoption sectors in the survey.**
- **Management consultants are significantly more likely to find AI genuinely helpful: 60% compared to 37% of all US office workers.**
- **A high percentage of consultants (83%) are now using integrated AI tools, with 27% identified as 'AI Superworkers', who say AI has changed the type of work they're doing.**

This briefing covers 84 respondents identified as working in management consulting. See methodology for more information.

'Main sample findings' relate to the 2000 US office workers surveyed in the [AI Productivity Trap Report](#). Also referred to within this report as 'US office workers'.

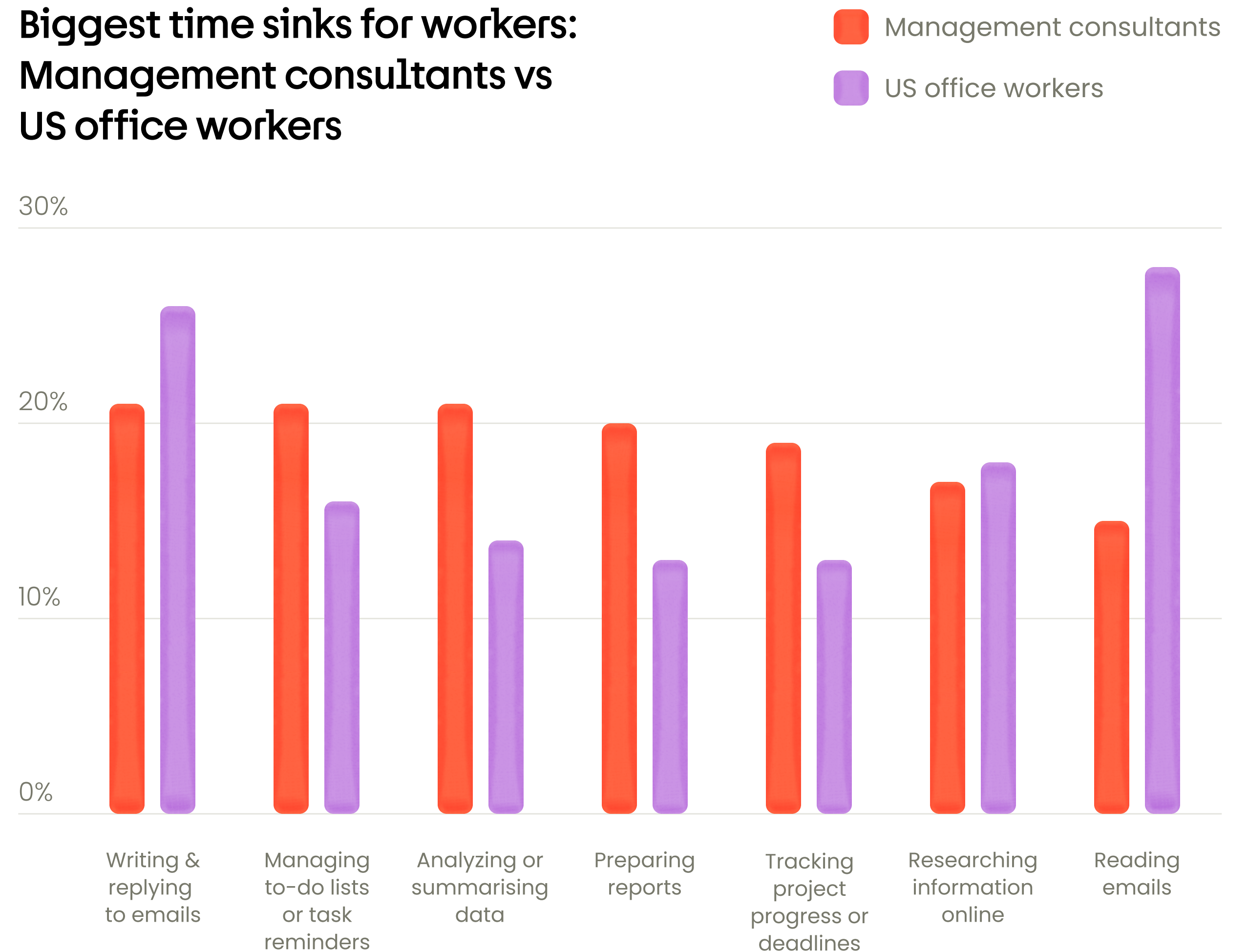
Consultants frequently context-switch

Unlike other verticals where one or two tasks dominate, management consultants spread their time relatively evenly across a wider range of activities. This reflects the varied, output-heavy nature of consulting work.

Compared to US office workers overall, consultants over-index significantly on analytical and output-driven tasks, including analyzing or summarizing data (21% vs 14%), preparing reports (20% vs 13%), and tracking project progress (19% vs 13%).

Writing and replying to emails remains the top time sink, consistent with other sectors. Interestingly, the single biggest time sink for US office workers overall, reading emails at 28%, falls to just 15% for consultants, suggesting a working style less dominated by reactive inbox management.

**Biggest time sinks for workers:
Management consultants vs
US office workers**



AI is driving significant impact

The overall picture for AI impact within management consulting is strong. Not only are they heavier AI users than US office workers overall, they are also seeing higher commensurate productivity and task transformation gains.

The most pronounced differentiators are daily usage intensity and genuine helpfulness, both up significantly. This suggests consultants have embedded AI deeper into their daily workflows, gaining more from outputs overall.

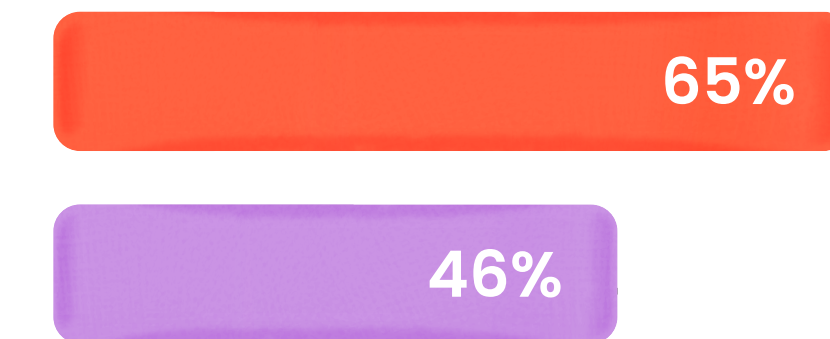
AI adoption & transformation: Management consultants vs US office workers

■ Mgmt consultants
■ US office workers

% using AI in some form



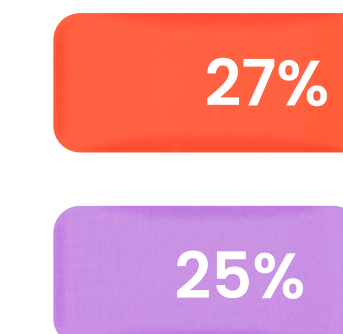
% using AI daily



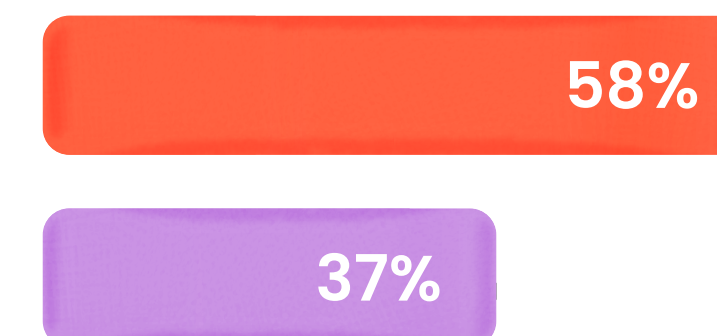
% say AI has increased their productivity



% say AI has changed the type of work they do



% using AI regularly and find it genuinely helpful



Sector-specific AI uptake is promising

Compared to other verticals, management consultants appear to be adopting industry-specific AI tools at a promising rate. These include project management, data, research and industry analysis tools; confirming that consultants are actively seeking out tools that match the specific demands of consulting work rather than relying solely on general-purpose AI.

Interestingly, consultants are using generic chatbot AI at a much lower rate than our main sample findings (24% vs 35%), and the other industries we analyzed. This may reflect a preference for more structured, integrated AI applications over open-ended generative tools.

Management consulting specific AI tool adoption rates

Project management AI features



Data visualization & presentation tools



Client research & industry analysis



Regular AI tool use: Management consultants vs US office workers

Management consultants
US office workers



Integrated tools appear to be unlocking impact

Fyxr's 2026 [AI Productivity Trap Report](#) found that workers using fully integrated AI tools are 63 percentage points more productive than those using standalone tools. Integrated tools appear to hold the key to true AI transformation.

Integrated tools are embedded at the workflow level and natively interact with tools workers are already using.

Standalone tools are individual tools used for specific tasks that don't have any context on the workers wider workflow.

Management consulting is pulling ahead on integrated AI tool use, up 10 percentage points from our overall US office worker findings. The direction of the data is clear; integration appears to be a meaningful driver for this vertical, who are seeing more significant AI gains. With 17% still relying on standalone tools, there remains headroom to convert this group for further improvement.

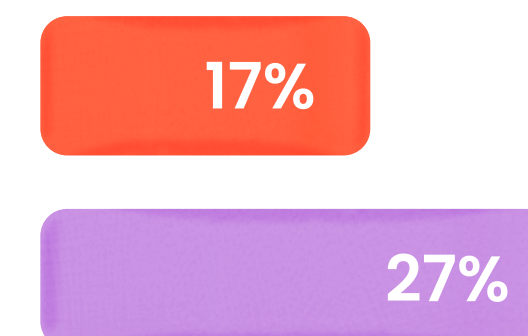
Integrated vs Standalone AI tool use

■ Management consultants
■ US office workers

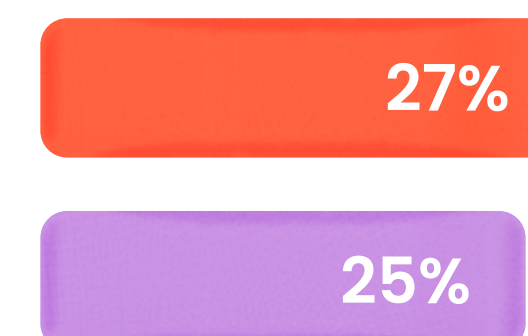
% using integrated tools



% using standalone tools



% say AI has changed the type of work they do



AI Superworkers: paving the way for further optimization

The 'AI Superworkers' make up 25% of all AI-users. Having fully adopted integrated tools, they're the only AI users who've transformed the type of work they're doing with AI. 87% of Superworkers say that AI has increased their productivity, compared to just 63% of non-Superworkers.

The Superworker rate for management consultants is slightly above our main findings, suggesting consulting is producing marginally more of these transformed workers. Given the analytical and output-heavy nature of consulting work, the conditions are well suited to deeper AI transformation.

Again, these higher transformation rates track with heightened integrated tool uptake; the more integrated workers are, the more AI transformation is experienced. The opportunity within consulting is to now move the remaining 73% towards Superworker status.

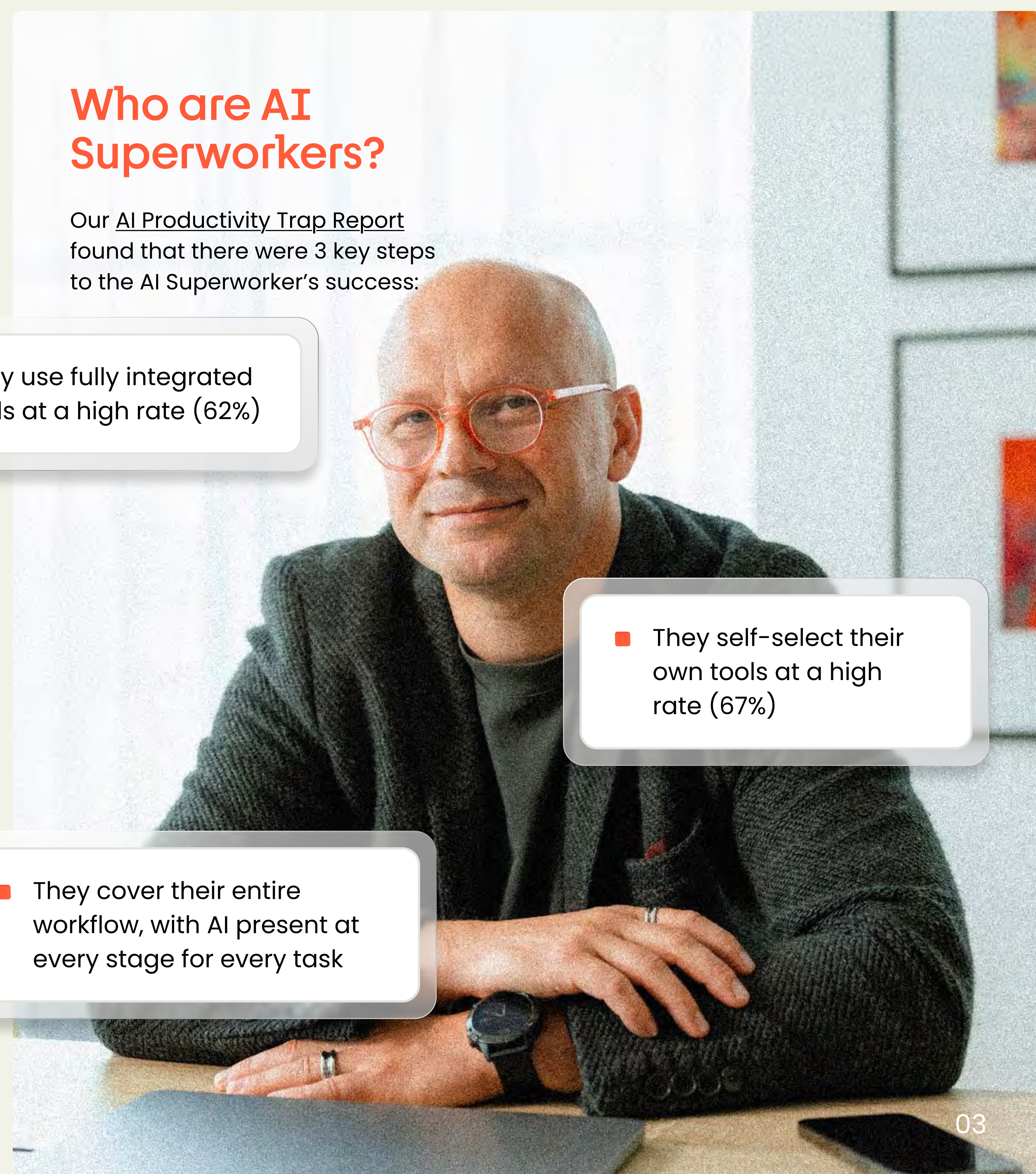
Who are AI Superworkers?

Our AI Productivity Trap Report found that there were 3 key steps to the AI Superworker's success:

- They use fully integrated tools at a high rate (62%)

- They self-select their own tools at a high rate (67%)

- They cover their entire workflow, with AI present at every stage for every task



Email remains a clear untapped opportunity

Despite being heavy AI users overall and having adopted research and data visualization tools at a high rate, management consultants are yet to meaningfully integrate AI into their email workflows; they under-index on email AI use relative to overall US office workers.

The next frontier for AI adoption within this sector appears to be email. Our [AI Productivity Trap Report](#) found that workers using a higher number of AI tools experienced compounding productivity gains. For a sector operating at high pace with tight deadlines, adding in email automation and covering this final portion of the daily workflow could generate significant productivity boosts.

23%

use AI to write or reply to emails

22%

use AI to read emails

29%

have adopted an email management tool

FYXER INSIGHT

70% of inbox activity is just noise

Fyxaer has processed 1.59 billion emails as of June 2026, averaging 63 emails per day, per user. Marketing emails and notifications consistently drive a significant proportion of emails workers receive—distractions that deliver no organizational value.

Building beyond the foundations of AI adoption

Management consulting is one of the most AI-active sectors in the US workforce. High adoption, strong daily usage, above-average integration and genuine enthusiasm for AI's future impact all point to a sector that has embraced AI meaningfully.

But adoption is just the starting point. The bigger prize lies in what comes after it. With 27% already mirroring the AI Superworker profile, the potential for deeper transformation is clearly there.

The path to unlocking it runs through integration: embedding AI across the full workflow, reducing the friction of context switching and ensuring tools work together rather than in parallel. That is where meaningful task transformation happens, and where the next wave of gains will come from.



76%

expect AI to make their job easier over the next 12 months



98%

already using AI in some form



27%

of management consultants surveyed mirror the AI Superworker profile, showing this user type is present within the sector

THE FIX

Three actions to drive optimization

01

Leverage tools that reduce the need to context switch

Consultants' time is spread across a wide range of tasks, a pattern consistent with high context-switching. Prioritizing tools embedded across the full workflow rather than siloed to specific tasks reduces the cognitive overhead of switching and allows AI to deliver value at every stage of the working day, not just in isolated pockets.

02

Push fully integrated tools

83% of management consultants are already using integrated AI tools. Converting the remaining 17% is a clear lever for continued productivity gain outcomes. Further adoption of integrated tools is also likely to drive a higher rate of AI Superworkers and genuine AI task transformation.

03

Embed AI into email workflows

With 21% of consultants citing email as a top time sink, but only 23% using AI to write or reply to emails, there is a clear mismatch between burden and solution adoption. Introducing or promoting AI-powered email tools, particularly those embedded directly into existing inboxes rather than requiring separate workflows, represents the fastest route to tangible time savings for this group.

METHODOLOGY

About this research

This report is built from primary data collected for Fyxr by OnePoll, an independent market research company. OnePoll surveyed 2,000 US office workers. This report covers 84 respondents identified as working in management consulting. Patterns are consistent with the broader cross-sector average dataset and should be quoted in that context.

Causation note

Fyxr conducted an OLS regression with productivity increase (Q14a) as the dependent variable. Independent variables included integration level (Q11), number of tools (Q10), self-selection (Q16), seniority, generation, and gender. Integration level remained a significant independent predictor of productivity outcomes ($p < 0.01$) after controlling for all other variables. A separate regression confirmed integration independently predicts stress outcomes in both directions ($p < 0.01$), with seniority not significant in either model.

About Fyxr

Fyxr is the email assistant that organizes your inbox, writes draft replies and takes actionable meeting notes, embedded directly into Gmail and Outlook. Fyxr processed 1.4 billion emails in 2025 and saves users an average of one hour a day on avoidable inbox admin.

This report is part of the Fyxr AI Productivity Gap Report series.

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