Power through daily tasks with modern AI PCs featuring AMD Ryzen AI processors

Automating everyday tasks like email triage and meeting summaries with local AI can save more than 18 hours per week

Power user
Juggles tasks using multiple applications

Give project managers over 2 workdays back each week

by streamlining routine tasks with AI

Reduce task completion time

by up to 96.3% with local AI-assisted workflows

Power users like project managers spend their days juggling many tasks across multiple applications, requiring high-performing PCs that keep their workflows moving instead of forcing them to wait to move onto the next task.

Modern desktops with built-in local AI can help these power users streamline many of their routine tasks, directly speeding up their workflows. Desktops with local AI can also offer organizations additional benefits over those that rely on a cloud service, including stronger protection for sensitive data, better responsiveness, the ability to run AI workloads as an always-on service, and potential cost savings.

To build on our findings in a previous study exploring how information-focused professionals can leverage AI, we measured the benefits of upgrading to AI PCs powered by AMD Ryzen™ AI processors and using local AI technologies. We ran a set of defined scenarios three ways:

- Using local AI technologies on a modern AI-capable PC powered by an AMD Ryzen AI processor
- Completing the same tasks manually on the same modern AMD Ryzen AI processor-based PC
- Completing the tasks manually on an older desktop PC

In our tests, modern desktops with local AI features reduced task-completion time by as much as 96.3 percent compared with traditional, non-AI approaches. For example, summarizing a meeting transcript manually took just over 1 hour, but AI tools cut this time to 2 minutes and 12 seconds.

Using local AI on AMD Ryzen AI processors for routine tasks can help professionals complete repetitive work faster and free up time for higher-value activities such as problem-solving and collaboration. These productivity gains can accelerate project progress, and let teams focus their energy on work that drives business outcomes.

Meet Anika: A power user with a full plate

Anika starts her day the same way most project managers do: with a full inbox and a long list of moving pieces to coordinate across teams. She's great at her job, but tasks like prioritizing emails, summing up client calls, updating presentations, and managing client communication take a lot of time, and she wishes she could spend more time collaborating with her team on more high-level tasks.

Could switching to a modern AI PC with AMD Ryzen AI processors be the key to getting more time back in her day? Anika is excited to find out.

The benefits of local AI on desktops

Power users seeking to leverage AI to improve productivity face a choice: use cloud-based services, or use on-device AI? Using local AI can offer clear advantages over cloud-based services for power users like Anika:

Stronger privacy and security. Because data stays on the device, it has limited exposure to external transfers, which helps protect sensitive information and makes compliance easier to manage.

Faster performance and offline access. Without relying on a remote data center, local AI can respond quickly and continue working without internet access, which is useful in outage-prone or security-conscious environments.

Always-on operation. Because desktop systems are not typically constrained by portability requirements, they are well suited to hosting local AI workloads as an always-on service. Users can run long-running AI tasks without interruption and maintain continuously available local LLMs that can be queried by other devices on the local network.

Lower long-term costs. Unlike cloud AI services that often require ongoing subscriptions, many local AI tools avoid recurring usage fees and can reduce costs over time.

How Anika can benefit from a new AMD Ryzen AI PC

A major drawback of holding onto older systems is not being able to take advantage of the latest advances in technology, which includes on-device AI. Modern AI PCs powered by AMD Ryzen AI processors can help project managers like Anika streamline their routine tasks, simplifying their workweek and speeding up communication and project turnaround times.

To measure this, we tested five project management-related scenarios, both with AI and without AI on an HP EliteDesk 8 SFF G2a with an AMD Ryzen AI 7 PRO 450G processor:

- **Generating tasks from emails**
- **Summarizing a meeting transcript**
- **Reviewing Jira tickets**
- **Updating a presentation**
- **Managing client communication and scheduling meetings**

Current system

HP EliteDesk 8 SFF G2a

AMD Ryzen AI 7 PRO 450G processor
AMD Radeon 860M GPU
32 GB of DDR5 memory

We first completed each scenario using primarily local AI tools and then using a manual approach. AMD provided initial tasks and workflows for each scenario. We reviewed them and—in some cases—adjusted them to better reflect real-world usage. For complete details on the test systems and our procedure, see the science behind the report.

Table 1 shows our test results. On the modern HP EliteDesk 8 SFF G2a with an AMD Ryzen AI 7 PRO 450G processor, AI tools reduced the time to execute tasks by as much as 96.3 percent.

Table 1: Time to complete tasks on the HP EliteDesk 8 SFF G2a with and without AI. Source: PT.

Task	Time without AI h:mm:ss	Time with AI h:mm:ss	Time saved h:mm:ss	Time saved Percentage
Generating and scheduling tasks from emails	0:03:35	0:02:30	**0:01:05**	**30.2%**
Summarizing a meeting transcript	1:00:10	0:02:12	**0:57:58**	**96.3%**
Reviewing Jira tickets	0:04:28	0:02:02	**0:02:26**	**54.4%**
Updating a presentation	0:29:40	0:16:49	**0:12:51**	**43.3%**
Managing client communication and scheduling meetings	0:18:51	0:03:56	**0:14:55**	**79.1%**
Total	1:56:44	0:27:29	**1:29:15**	**76.4%**

Want to save more time? Upgrade to a modern AI PC powered by an AMD Ryzen AI processor

As Table 1 shows, running AI locally on a modern system can already save significant time compared to manual workflows. For users upgrading from an older PC, the benefits can be even greater. To illustrate this, we repeated the manual workflow tests on an HP Pavilion TP01-2096 desktop with an earlier AMD Ryzen processor.

The following sections show how much additional time Anika could save by moving to a new system and relying primarily on local AI and Table 2 summarizes our findings. Alongside the AI workflow results, we also compared productivity performance between the two devices using a benchmark that simulates everyday office work while multitasking with an LLM.

Current system

HP EliteDesk 8 SFF G2a

AMD Ryzen AI 7 PRO 450G processor
AMD Radeon 860M GPU
32 GB of DDR5 memory

Older system

HP Pavilion Desktop TP01-2096

AMD Ryzen 7 5700G processor
AMD Radeon GPU
32 GB of DDR4 memory

Table 2: Time to complete tasks on the HP EliteDesk 8 SFF G2a with AI and the HP EliteDesk 8 SFF G2a without AI. Source: PT.

Task	HP EliteDesk 8 SFF G2a with AI h:mm:ss	HP Pavilion TP01-2096 without AI h:mm:ss	Time saved on the HP EliteDesk 8 SFF G2a with AI h:mm:ss	Time saved on the HP EliteDesk 8 SFF G2a with AI Percentage
Generating and scheduling tasks from emails	0:02:30	0:03:36	0:01:06	30.5%
Summarizing a meeting transcript	0:02:12	1:00:41	0:58:29	96.3%
Reviewing Jira tickets	0:02:02	0:04:27	0:02:25	54.3%
Updating a presentation	0:16:49	0:29:57	0:13:08	43.8%
Managing client communication and scheduling meetings	0:03:56	0:18:52	0:14:56	79.1%
Total	**0:27:29**	**1:57:33**	**1:30:04**	**76.6%**

Generating tasks from emails

First up in Anika's day? Her email backlog, where she identifies messages that require action, flags follow-ups, notes deadlines, and starts mapping dependencies. A client's request for updated timelines becomes a task for the engineering team; a note from leadership turns into a reminder to prepare talking points for an upcoming review.

The manual workflow Anika follows involves reading email in Microsoft Outlook, identifying tasks, creating tasks by hand, and scheduling them directly in her Outlook calendar.

How could using a modern AI PC powered by an AMD Ryzen AI processor speed up this process? Our testing showed that using AnythingLLM, an AI-powered productivity tool that manages work, email, and calendars, on her AI PC could save Anika significant time. In fact, using the AI feature on the AMD Ryzen AI processor-powered HP EliteDesk 8 SFF G2a could save her over a minute per email, **reducing the time to generate tasks by 30.5 percent** (see Figure 1).

When you consider how many emails Anika has to sort through each day, saving a minute per email can give her a lot of time back so she can focus on other tasks and move projects along at a faster pace.

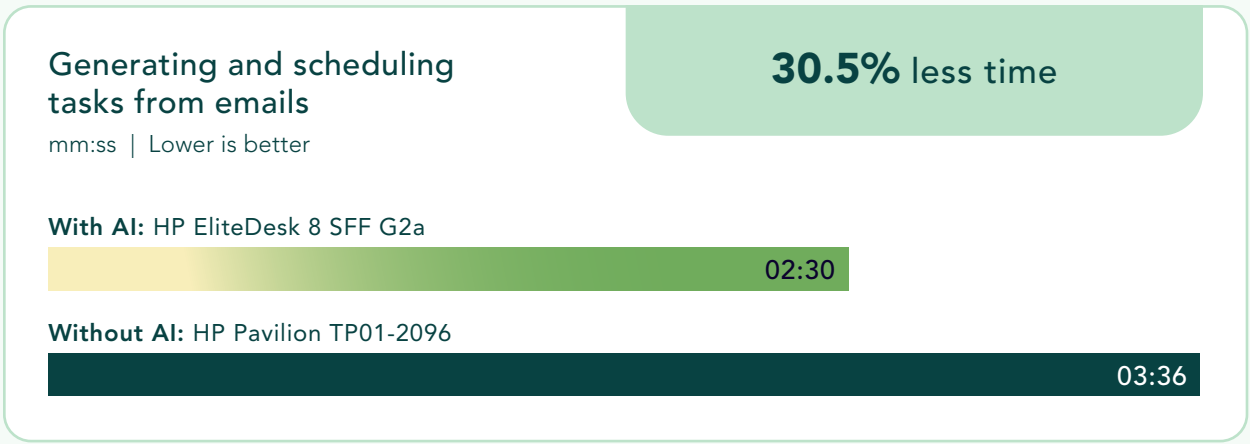

Figure 1: Time to generate tasks from emails on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Note that the graphs in this report use different scales to keep a consistent size. Please be mindful of each graph's data range as you compare.

Summarizing a meeting transcript

Further email responses will have to wait, because it's time for Anika's first client call of the day. She takes good notes, and records a transcript of the call that she can turn into a clear summary for her team to reference, ensuring nothing important slips through the cracks.

Anika's manual process looks like this: First she reads the meeting transcript, identifies key sections, and then drafts the meeting minutes manually in Microsoft Word.

While a modern AI PC powered by AMD Ryzen AI processors can't shave any time off the meeting itself (especially if the client is chatty), our testing shows that it can help Anika save time when summarizing meeting transcripts. As Figure 2 shows, doing this process manually can take a full hour of Anika's time, but using an AI PC with AMD Ryzen CPUs can summarize a meeting transcript in just over two minutes—**a dramatic 96.3 percent reduction in time** that gives Anika an hour back in her busy day.

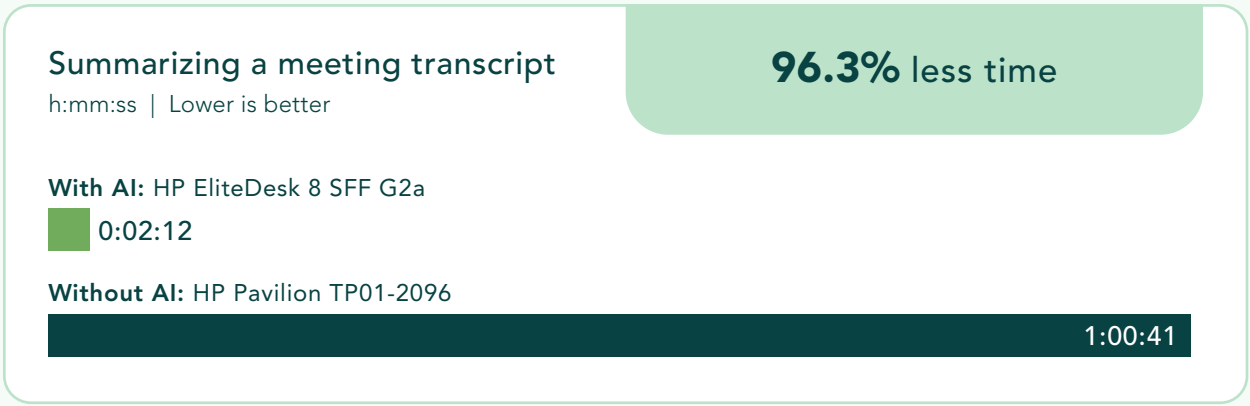

Figure 2: Time to summarize a meeting transcript on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Reviewing Jira tickets

Anika logs into Jira, the project management software she uses to stay organized, to review ticket activity. Currently Anika's manual approach involves logging into Jira, opening project-related emails in Gmail, scanning tickets to determine if they are features or bugs, loading the list of tickets in the project webspace, and reviewing the list of tickets to determine which are duplicates and which require action. By the time she finishes, she has a clear picture of where the project stands and what needs attention.

Using AI on the modern AI PC (with Jira MCP in AnythingLLM) can save Anika time, helping her review Jira tickets in **54.3 percent less time than going through the manual process** (see Figure 3). This would save over 2 minutes every time she reviews Jira tickets, which could add up to significant time savings over the course of a workweek.

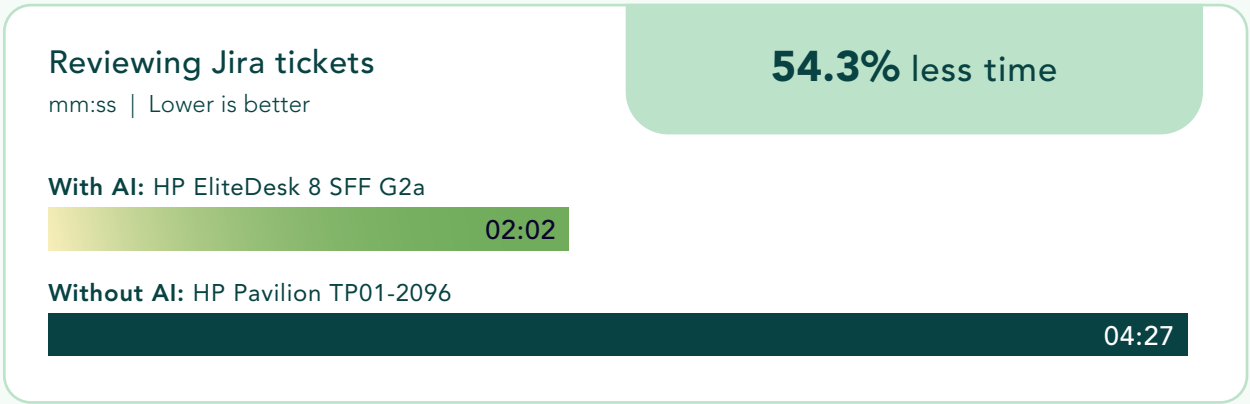

Figure 3: Time to review Jira tickets on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Updating a presentation

Before lunch, Anika shifts focus to a PowerPoint presentation she's preparing for a client status meeting later in the day. Working manually, she reviews each slide, updates metrics, and refines messaging, aligning the narrative with the latest project developments. She rewrites sections to make them clearer, ensuring the presentation tells a cohesive story.

How would a modern AI PC with an AMD Ryzen processor help Anika tackle this task? By typing prompts into the AnythingLLM assistant to help her focus her messaging, she can save over 13 minutes updating her presentation—a reduction of 43.8 percent (see Figure 4).

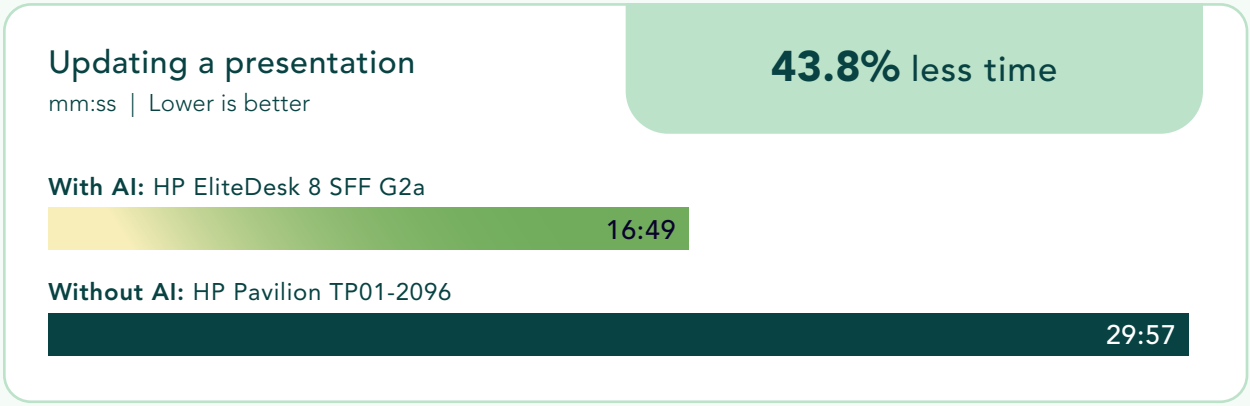

Figure 4: Time to update a presentation on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Managing client communication and scheduling meetings

In the afternoon, communication takes center stage as emails continue to come in steadily. Anika reads each new email, determines its priority, sends acknowledgment messages, manually creates and describes tasks in the To Do app, attaches the email, and finally organizes any follow-up actions, including scheduling meetings by hand.

On a modern AI PC with AMD Ryzen AI processors, a workflow automation tool can save Anika time and effort by automatically classifying incoming emails by priority, generating tasks, routing messages into the correct Outlook folders, and logging all workflow executions. As Figure 5 shows, using the modern AI PC can turn a nearly 19-minute task into just 4 minutes—shaving nearly 15 minutes off each communication task, a **79.1 percent reduction in time**.

Managing client communication in this way is a huge part of Anika's workweek; she likely goes through this process 10 times per day (50 times per week). Moving from a manual approach to an AI PC workflow could save Anika almost two full business days of work every week, while keeping clients happy with quicker follow ups and action plans.

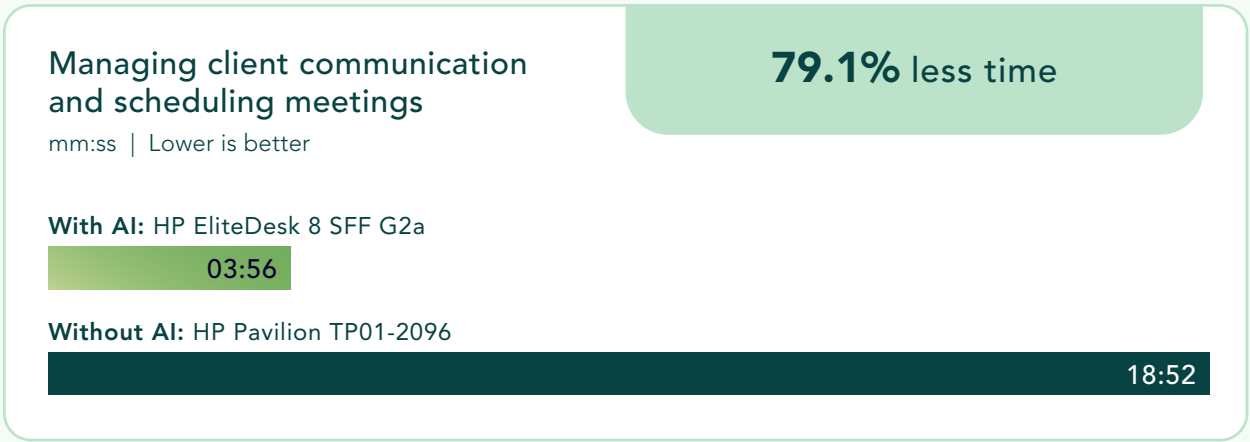

Figure 5: Time to manage client communication and schedule meetings on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Time savings across Anika's project management workflow

What do these time savings on individual tasks add up to for Anika? Figure 6 shows the combined time required to complete each task once manually compared to using an AI workflow on an AI PC to accomplish the same project management task.

Implementing AI technologies on the modern AMD Ryzen AI processor-powered PC **reduced the total workflow time from nearly 2 hours to just over 27 minutes—a 76.6 percent reduction.**

Saving 1.5 hours for every iteration of this workflow would give Anika plenty of time back for more valuable activities and help move projects to completion even faster—which both her clients and her boss really like.

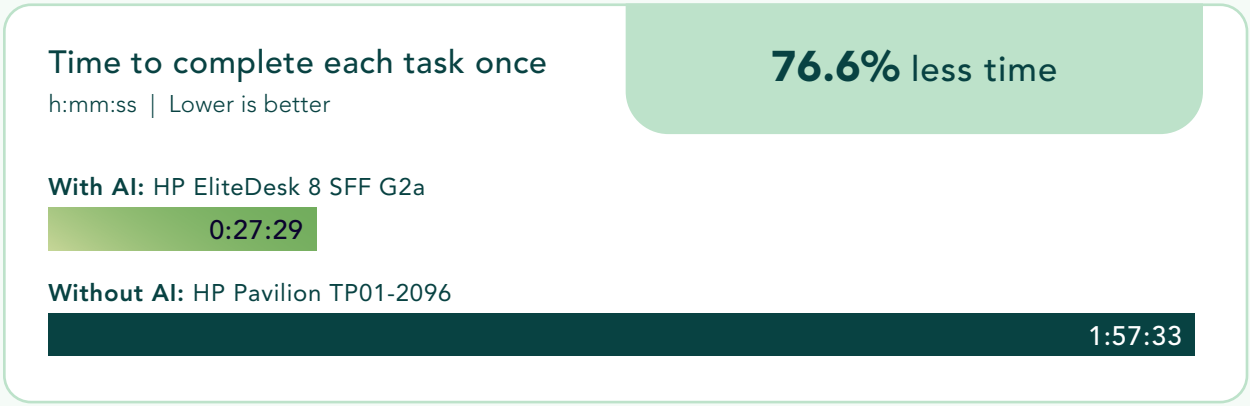

Figure 6: Time to complete each project management task once on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT.

Potential big-time savings for Anika across the workweek

Of course, Anika doesn't answer one email or schedule one meeting and then call it a day. What could time savings using AI technologies on these project management tasks add up to over the course of her workweek? We estimated how many times per week Anika might complete these tasks. For the purposes of this extrapolation, we define a month as four weeks. We assumed the following frequencies based on our project managers' real-life experience:

- **Generating tasks from emails** ..... 5x weekly
- **Summarizing a meeting transcript** .. 5x weekly
- **Reviewing Jira tickets** ..... 10x weekly
- **Updating a presentation** ..... 1x weekly
- **Managing client communication and scheduling meetings** ..... 50x weekly

Based on our estimations, using AI features on the modern system powered by AMD Ryzen AI processors could cut the time Anika spends on these routine tasks by 18 hours each work week, more than two full workdays—a time savings of 80.7 percent.

With an AI PC powered by AMD Ryzen processors, Anika could outsource the time-consuming routines that take up so much of her week, giving her the time to be a more proactive, innovative project manager and help her team close out projects even faster.

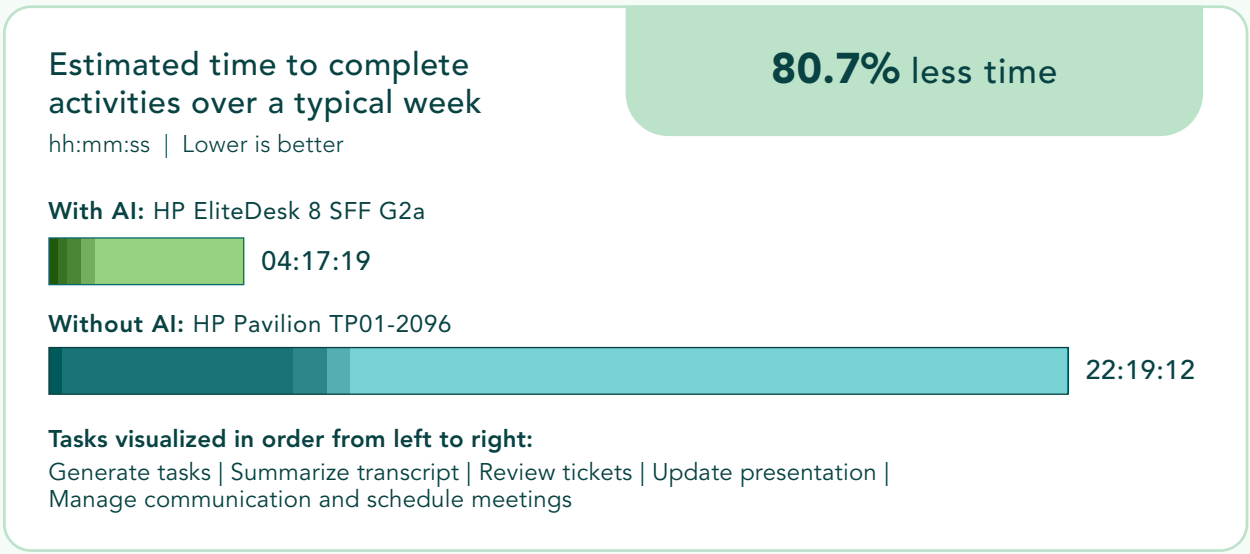

Figure 7: Estimated time to complete each project management task over a typical workweek on a modern AI PC with AI assistance and on older desktop without AI assistance. Source: PT

Productivity in the time of AI

Power users like Anika will continue to run traditional apps on their desktops, but will likely use AI features as they attempt to increase their personal productivity.

To examine the productivity potential on traditional applications of our two test systems, we ran the Procyon® Office Productivity benchmark while simultaneously running a local LLM. On the modern AMD Ryzen AI processor–powered PC, the model utilized the neural processing unit (NPU), while on the older desktop, it ran on the GPU because the system lacked an NPU. As Table 3 shows, the AI PC **delivered a 39.2 percent improvement** over the older system.

The AI PC powered by AMD Ryzen AI processors should be noticeably faster and smoother when doing everyday work, especially when AI tools are running at the same time. This benchmark score can indicate a more responsive, less interrupted workflow in real-world use.

Productivity scores

39.2% higher score

Table 3: Procyon Office Productivity benchmark scores, while simultaneously running an LLM, on a current AMD Ryzen AI processor-powered PC (running on NPU) and a previous-gen PC (equipped with a GPU). Higher is better. Source: PT.

Procyon Office Productivity	HP EliteDesk 8 SFF G2a (model running on NPU)	HP Pavilion TP01-2096 (model running on GPU)	Percentage improvement
Overall rating	**7,594**	**5,452**	**39.2%**
Word score	8,246	5,423	52.0%
Excel score	7,244	5,363	35.0%
PowerPoint score	8,590	6,607	30.0%
Outlook score	5,534	3,881	42.5%

About the AMD Ryzen processors in our test systems

The HP EliteDesk 8 SFF G2a we tested featured an AMD Ryzen AI 7 PRO 450G processor with AMD Radeon 860M GPU. It had 8 cores, 16 threads, a 5.1GHz Max boost clock, 8MB L2 cache,16MB L3 cache, 32 GB of DDR5 memory, and an NPU that can run up to 50 trillion of operations per second (TOPS).

▸ Learn more

The **HP Pavilion Desktop TP01-2096** we tested featured an AMD Ryzen 7 5700G processor with AMD Radeon GPU. It had 8 cores, 16 threads, a 4.6GHz Max boost clock, 4MB L2 cache, 16MB L3 cache, and 32 GB of DDR4 memory.

▸ Learn more

Conclusion

By the end of the day, Anika hasn't completed just one task, she's advanced multiple workstreams for multiple projects simultaneously. Each activity—email triage, meeting summarization, ticket review, presentation updates, and routine communication tasks—connects to the next, forming a continuous cycle that keeps projects moving forward.

Reducing the time it takes for Anika—and other power users like her—to complete these routine tasks can help them move projects to completion faster and give them more time to brainstorm, troubleshoot, and complete other more demanding tasks that keep business moving. By leveraging AI technologies on a new AI PC powered by AMD Ryzen AI processors, **project managers could save as much as 18 hours each workweek on routine tasks**, compared to completing the processes manually.

Project management is a practice built on organization, context switching, and attention to detail. For organizations looking to get more out of their teams, modern AI PCs powered by AMD Ryzen AI processors offer a clear path forward: faster routine work, more time for high-value contributions, and a meaningful competitive edge.

This project was commissioned by AMD.

Read the science behind the report ▶

Primary contributors

Tech: Jesse R., Travis B.

Writing: Laura W.

Design: Jared White

PM: Scott Luchene

How we created this report

A PT team, which includes the contributors we've listed and others, created this report and performed the technical work behind it. In addition to our use of AI in testing, we used AI to draft sections of this report.

Principled Technologies®

Facts matter.®

Principled Technologies is a registered trademark of Principled Technologies, Inc. All other product names are the trademarks of their respective owners. For additional information, review the science behind this report.