

AI Team Pulse Survey

Five questions to see how your team is actually using AI.

GUIDES & RESOURCES

SURVEY · 2 PAGES

You do not need a forty-question assessment to understand where your team is starting. A short pulse can tell you who is already experimenting, where people are stuck and what kind of support would help next.

Send this before a workshop or rollout, then repeat it every three to six months. Review results in aggregate and share back what you heard.

The five core questions

01 In a typical week, how often do you use AI tools for work?

- ☐ I do not use AI tools yet
- ☐ 1 to 5 times per week
- ☐ 6 to 10 times per week
- ☐ More than 10 times per week

02 Which AI tools do you currently use for work?

Allow multiple selections. Include the tools your organization supports, plus “Other.” Common options include ChatGPT, Claude, Microsoft Copilot, Google Gemini, Perplexity and specialized image, coding or analysis tools.

03 What kinds of work are you using AI for today?

Allow multiple selections. Suggested options: writing, analysis, research, brainstorming, planning, coding, images or video and other.

04 How confident are you using AI effectively in your role?

Use a scale from 1, not confident yet, to 5, very confident.

05 What is one task or workflow you would like help improving with AI?

Open response. This is often the most useful question in the survey.

Optional questions when you want more depth

What gets in the way of using AI more?

Suggested options: lack of time, not sure where to start, accuracy concerns, security or privacy concerns, unclear policy, my work does not feel like a fit and other.

How much time does AI save you in a typical week?

Suggested options: none yet, under 30 minutes, 30 to 60 minutes, 1 to 2 hours, 2 to 4 hours and more than 4 hours.

Which learning formats would help most?

Suggested options: live demos, quick guides, office hours, before-and-after workflow examples, coaching and other.

Are you already using AI for any multi-step or automated workflows?

Open response. These answers can surface strong pilot candidates.

What to do with the results

- Group people by starting point, not job title alone
- Use real requested workflows in training examples
- Address the most common blocker directly
- Invite experienced users to share what is already working
- Repeat the same core questions so you can see movement over time

A survey tells you where to look. It does not replace conversations with functional leaders or the work of deciding which opportunities are worth pursuing.

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