Accelerate complex tasks with AI PCs featuring AMD Ryzen processors

On-PC AI technologies allowed us to execute project management activities on the HP EliteBook X G1a 14 and the Dell Pro 14 Plus—both featuring AMD Ryzen processor—in less time than using a traditional, manual approach

Many information-focused professionals spend their days managing communication, documentation, planning, and coordination within teams and across projects. They keep knowledge flowing smoothly and ensure that projects stay on track. While routine, these tasks are time consuming and keeping up with them can be stressful. AI can reduce the amount of time these tasks require, freeing users to pursue goals and projects that drive business forward.

To measure the value that project managers, business analysts, and other power users can reap from AI technologies, we tested a series of defined scenarios with AMD™ Ryzen™ processor-powered AI PCs from Dell and HP. We found that using AI technologies reduced the time to complete these tasks by up to 93 percent compared to traditional, manual approaches. Our findings show these systems are a great choice for those who want to harness the potential of AI. The results demonstrate how local AI features can benefit power users.

Power user
Juggles tasks using multiple applications

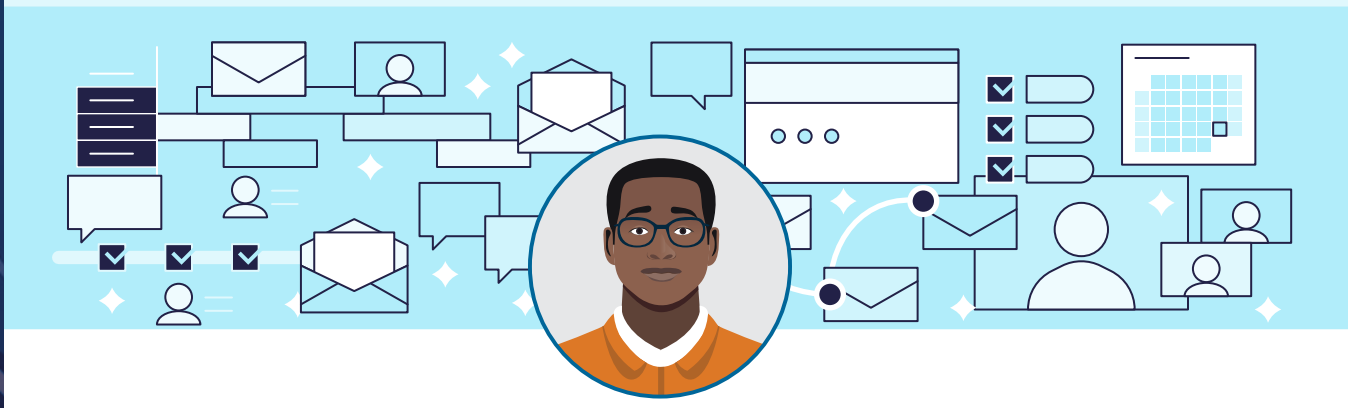
Reclaim up to 2 days per week for high-value work

by employing AI to help streamline activities

Cut the time to complete a task

by up to 93% by using AI technologies

A day in the life of a busy, information-focused professional



To explore a real-world work situation where AI might be of value, let's imagine Bryce. Bryce is a project coordinator at a financial service firm. His responsibilities include summarizing long email threads and distilling relevant action items, taking notes in Teams meetings, and then organizing those notes into structured formats. Additionally, he must create and update Gantt charts based on project timelines, manage Jira tickets, and assist with project planning.

Bryce frequently finds himself drowning in repetitive admin tasks, losing time parsing long email threads and ticket histories, manually updating multiple tools, and dealing with his stakeholders' expectations for real-time updates and polished communication.

In a recent performance review, Bryce and his manager discussed ways he could use AI to work smarter. They concluded that by automating repetitive documentation tasks, he could devote more time to high-value coordination and decision-making. Delivering accurate, clear updates with minimal effort would also help him keep his team aligned while reducing both his stress level and his long-term risk of burnout.

The price of employee burnout

Bryce is a hypothetical worker we've created to illustrate the potential of harnessing AI in daily workflows, but the issues he faces are real. Recent evidence shows that employee burnout stemming from chronic stress remains high and is increasingly linked to both organizational and external pressures. A 2024 survey found that 79 percent of full-time U.S. employees had experienced burnout in the past year, with more than half reporting that it reduced their engagement and over a third saying it hurt their productivity.[1]

How an AMD Ryzen AI PC can help get Bryce stay on track

We tested AI features on notebooks powered by AMD Ryzen processors to understand how they streamline tasks. We tested two Windows 11 Pro notebook systems:

HP EliteBook X G1a 14 AI
AMD Ryzen AI 9 HX PRO 375

Dell Pro 14 Plus
AMD Ryzen AI 7 PRO 350

On each system, we carried out six tasks that power users such as Bryce regularly perform:

- **Summarizing an email chain**
- **Taking notes during video conferencing**
- **Creating a Gantt chart in Excel**
- **Summarizing comments on a Jira ticket**
- **Generating a project plan**
- **Composing an email**

We executed each task both with AI features and using a manual approach without AI features. AMD provided initial tasks and workflows that we reviewed and—in some cases—adjusted to reflect real-world usage. For some tasks, a single individual performed the manual approach three times, and for others, three individuals each performed the task once. For complete details on the test systems and our procedure, see the science behind the report.

About the AMD Ryzen AI processors in the systems we tested

The HP EliteBook X G1a 14 we tested featured an AMD Ryzen AI 9 HX PRO 375 processor. It had 12 cores, 24 threads, 5.1 GHz boost, 12MB L2, 24MB L3 cache, 32 GB of memory, and 85 overall TOPS. Learn more.

The Dell Pro 14 Plus we used featured an AMD Ryzen AI 7 PRO 350 processor. It had 8 cores, 16 threads, up to 5 GHz boost, 2 GHz base clock, 16MB L3 cache, 32 GB of memory, and 66 TOPS AI performance. Learn more.

Both processors are part of the Ryzen AI PRO 300 Series and feature the new AMD "Zen 5" architecture. According to AMD, they deliver "outstanding CPU performance, and are the world's best line up of commercial processors for Copilot+ enterprise PCs."[2] AMD Ryzen AI PRO 300 Series processors also "offer a cutting-edge 50+ NPU TOPS (Trillions of Operations Per Second) of AI processing power, exceeding Microsoft's Copilot+ AI PC requirements."[3]

Summarizing an email thread

People with roles like Bryce's are responsible for keeping teams current and must frequently summarize long email chains. In this scenario, we used the Microsoft Copilot AI-powered email summarization feature for the AI approach and compared it to the traditional approach of reading the email thread and manually drafting a summary. The test used a realistic email thread with nine messages to demonstrate a real-world situation. Three individuals completed the activity manually, and we report the average of their times. As Figure 1 shows, using the AI feature dramatically reduced the time to complete this task, saving an average of 86.8 percent of the work time—over 14 minutes of time savings for this task alone.

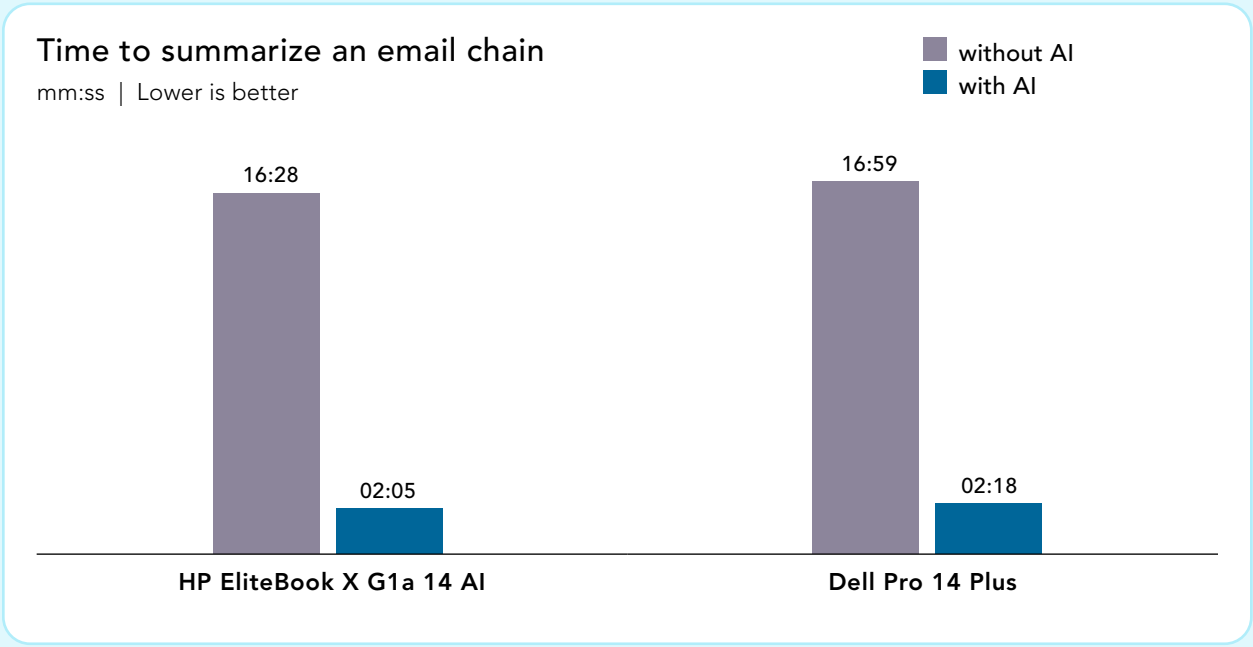


Figure 1: Time to summarize an email thread comprising nine messages on two different systems with and without AI assistance. Source: PT.

Please note that for some scenarios, the times between the two test systems differed slightly in one direction or the other. This is most likely due to the different testers performing the tasks and *does not imply any meaningful performance discrepancies between these systems*. Additionally, 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.

Taking notes during video conferencing

Meetings are a constant, and taking notes for distribution to attendees is a responsibility that typically falls to workers such as Bryce. In this test scenario, we explored the difference between AI-enhanced Microsoft Teams meetings using Recap versus traditional meetings requiring manual note-taking. In the non-AI approach, we executed a script that simulated a person taking notes during the meeting and then the script completed a clean-up pass on the content after the meeting ended. In the AI approach, we executed a script that started Recap at the beginning of the meeting and then used Copilot to summarize the notes this feature generated.

We performed the task three times using each approach, and report the average time. The timing for both approaches includes the roughly 5 minutes it took to actually hold the meeting and the post-meeting activity of summarizing the meeting. Using AI with Recap and Copilot was faster, saving an average of 40 seconds or 6.5 percent of the time the non-AI approach took (see Figure 2).

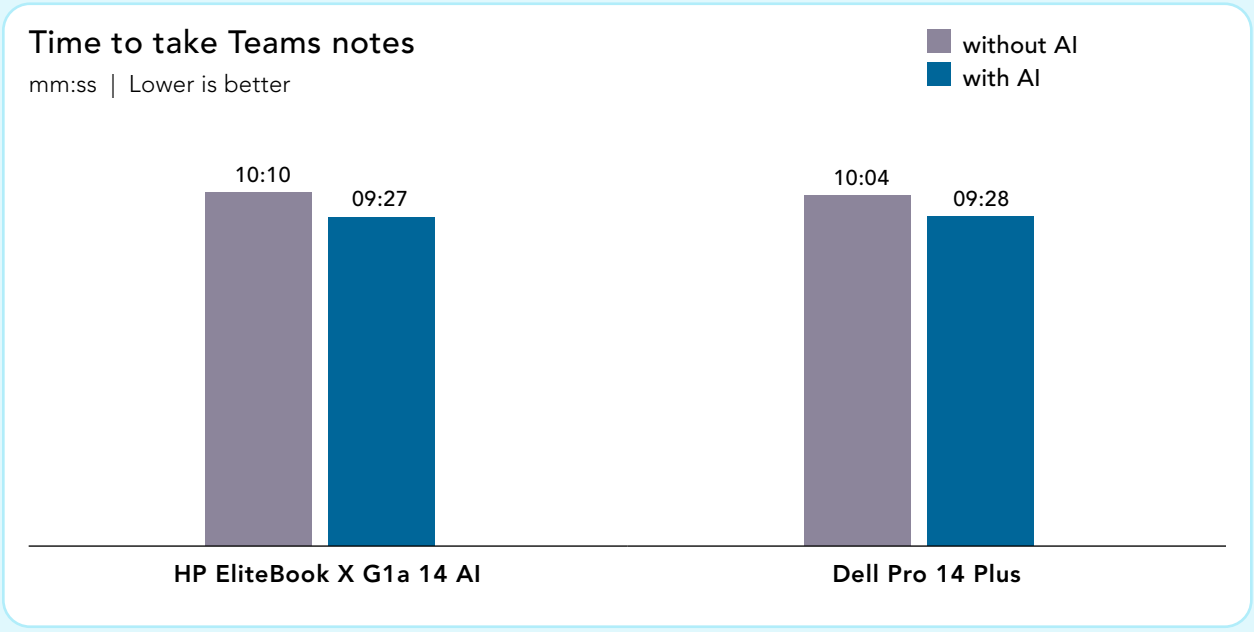


Figure 2: Time to take Teams meeting notes on two different systems with and without AI assistance. Source: PT.

Creating a Gantt chart in Excel

Gantt charts are an organizational tool that project managers rely on for planning, scheduling, and monitoring project progress. They visually represent tasks and their relationships to timelines. In this test scenario, we used Microsoft Copilot to assist us in creating this visualization in Excel. The AI assistant analyzed the spreadsheet structure and made a specific recommendation to create the Gantt chart. In the manual approach, our testers, who had not previously created a Gantt chart, relied on contextual menus, help documentation, and external training sources to solve the same problem. On each system, one tester performed the manual task three times, and we report the average times. As Figure 3 illustrates, employing AI assistance streamlined the task considerably, saving an average of 6 minutes 20 seconds, or 73.0 percent.

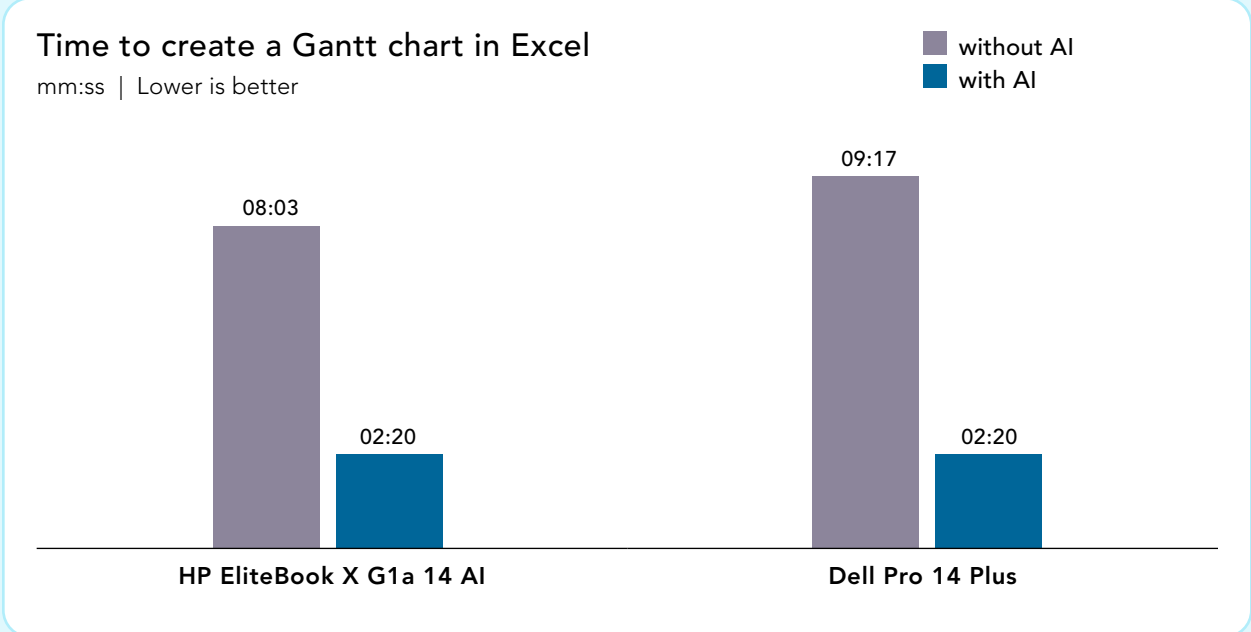


Figure 3: Time to create a Gantt chart on two different systems with and without AI assistance. Source: PT.

Summarizing the comments in a Jira ticket

Jira is a tool from Atlassian that supports issue tracking and project management. Jira uses tickets to organize, track, and manage tasks throughout a project's lifecycle. Each Jira ticket includes a comment section for collaboration. The comments can be lengthy and written in a way that makes it difficult to grasp the big picture. Accurate, concise summaries of ticket comments improve efficiency and understanding of ticket context.

In this test scenario, we compare summarizing Jira ticket comments two ways: using Jira Atlassian Intelligence (AI) and using a manual approach. The manual approach involved opening the ticket, reading through the entire ticket and comments, and writing a summary of the ticket and comments in an email. Three individuals completed the activity manually, and we report the average of their times. Employing the AI feature cut the time required to complete this task by more than 8 minutes, a savings of 74.2 percent (see Figure 4). Using AI to summarize these comments not only saves time, but potentially increases quality of the analysis.

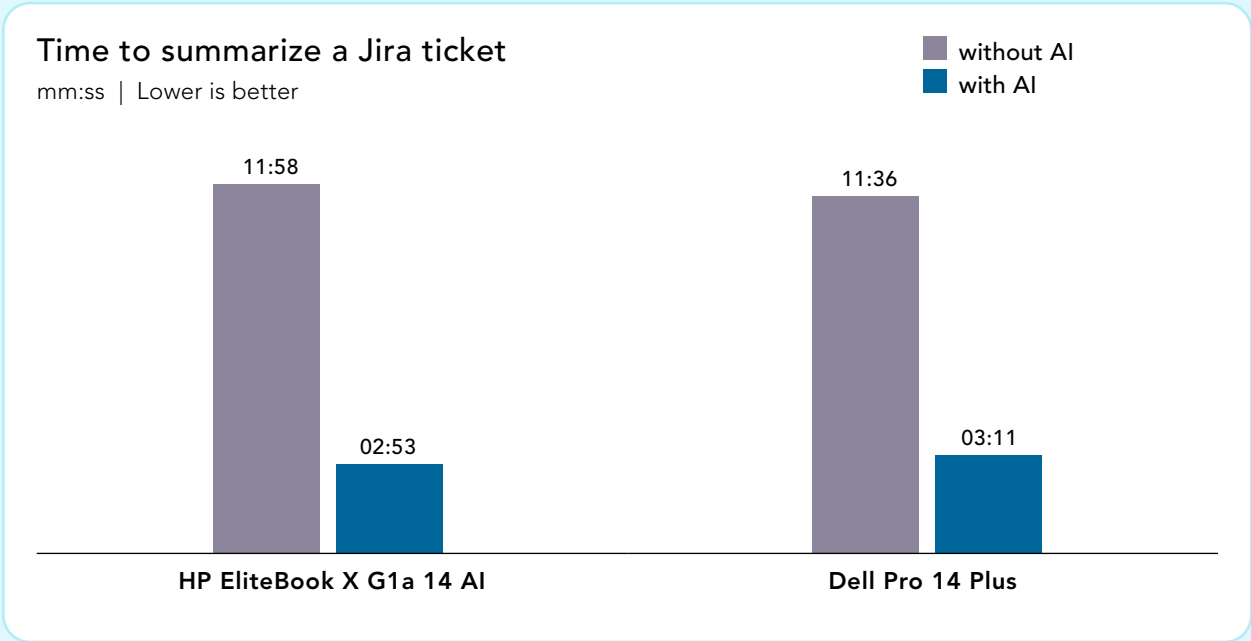


Figure 4: Time to summarize a Jira ticket on two different systems with and without AI assistance. Source: PT.

Generating a project plan

Drafting project plans is an important part of any project manager's job. In this test scenario, we compared two approaches to this activity: one running a local AI model in LM Studio and one using a traditional approach. For the AI approach, we asked a local LM on system to draft the plan, prompting it to create a full plan that could be exported into another tool (we chose Excel). For the traditional approach, we described the task to three project managers at PT, had each of them complete the steps, and report the average of these times. The steps included identifying key tasks, estimating task durations, evaluating resources, defining milestones, and more. As Figure 5 shows, the AI tool saved an average of 17 minutes, or 58.2 percent.

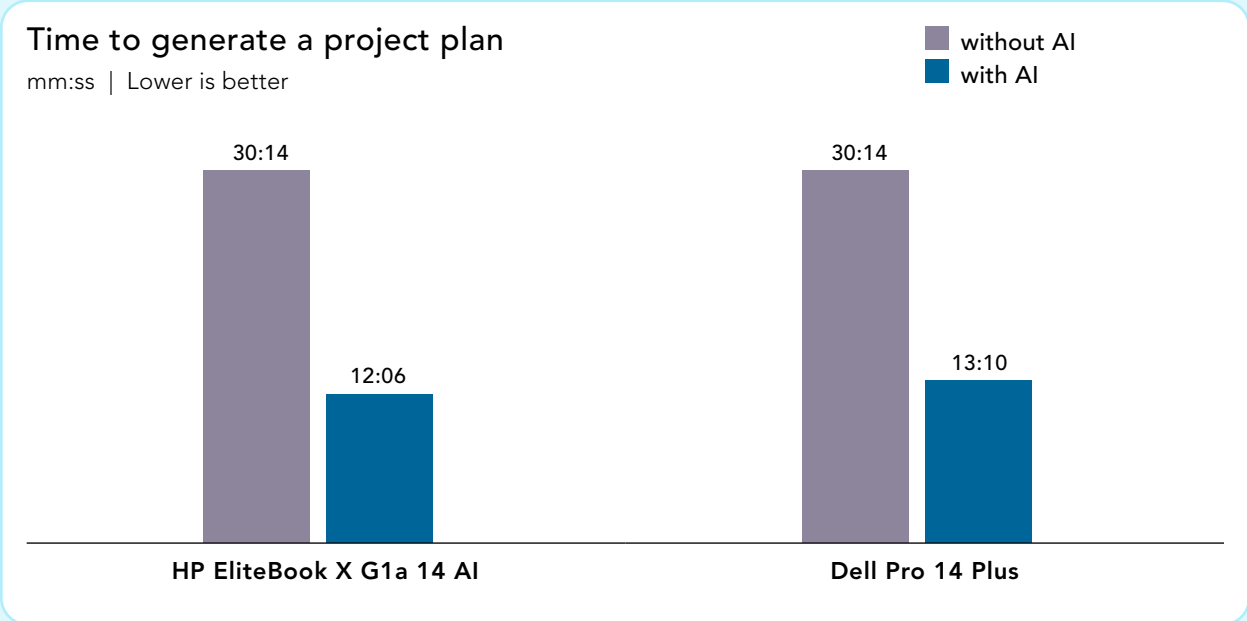


Figure 5: Time to generate a project plan on two different systems with and without AI assistance. Source: PT.

Composing a formal email

Drafting emails is a critical part of Bryce's efforts to keep information flowing within his organization. He strives to come across as professional in all his work communications, but poring over messages to remove errors and formalize his tone can slow him down. This test scenario explored the difference between AI-enhanced email composition workflows and traditional manual drafting and editing processes. It involved composing a casual business email and then transforming it into professional, formal communication suitable for executive review. (See the science behind the report to view sample text.)Three individuals completed the task manually, and we report the average of their times. As Figure 6 shows, of all the test scenarios we executed, AI delivered the greatest time savings on this activity, cutting the necessary time from 15 minutes to roughly 1 minute, a reduction of 93.8 percent.

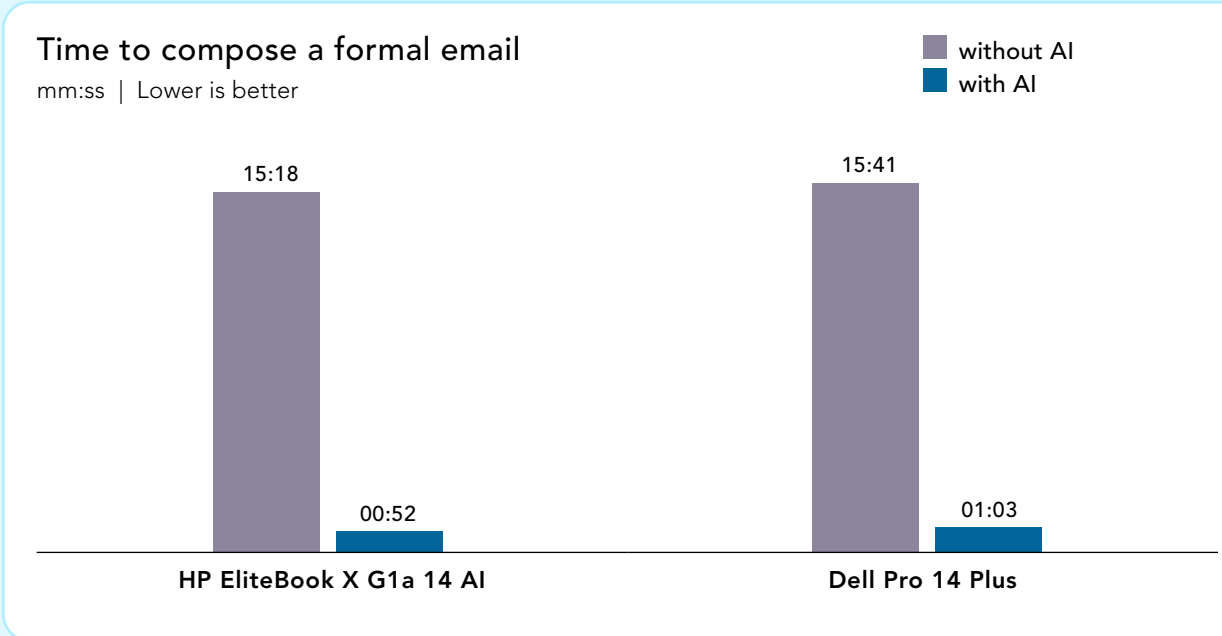
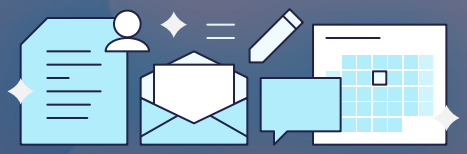


Figure 6: Time to compose a formal email on two different systems with and without AI assistance. Source: PT.



Time savings across the workflow

Figure 7 shows the total time it took to complete each scenario once. Using AI technologies cut the time by 67.1 percent. This means that if a worker such as Bryce completed each of these routine tasks just once in a day, they could save over an hour. (For a table showing all of the values, see the science behind the report.)

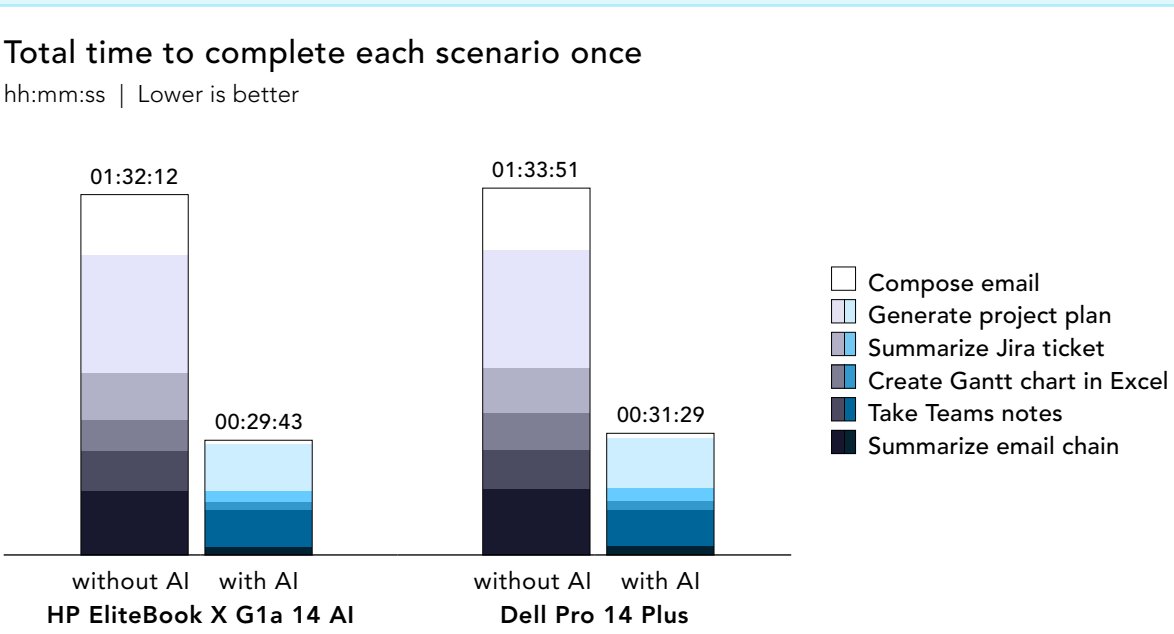


Figure 7: Estimated time to complete all six activities one time with and without AI assistance on two different AMD Ryzen processor-powered PCs. Source: PT.

Potential time savings across a workweek

To quantify the time savings that workers such as Bryce could experience over the course of a typical workweek, we estimated how many times they might execute the tasks we investigated. We assume the following frequencies based on our project management team's real-life experience:

- **Summarizing an email chain** *4x daily*
- **Taking Teams notes** *4x daily*
- **Creating a Gantt chart in Excel** *1x weekly*
- **Summarizing a Jira ticket** *2x daily*
- **Generating a project plan** *1x weekly*
- **Composing an email message** *8x daily*

Figure 8 shows the results of our estimations. Based on the frequencies we note above and the time that each approach required, employing AI features on the systems we tested could mean that Bryce would spend only one-quarter of the time on these routine activities. Instead of an average of 21 hours and 53 minutes—nearly three out of five workdays—he could spend an average of 5 hours and 16 minutes—less than one workday. He could devote the time he saves to solving higher-level business problems without the distraction of manually summarizing ongoing business processes across multiple teams. (For a table showing all of the values, see the science behind the report.)

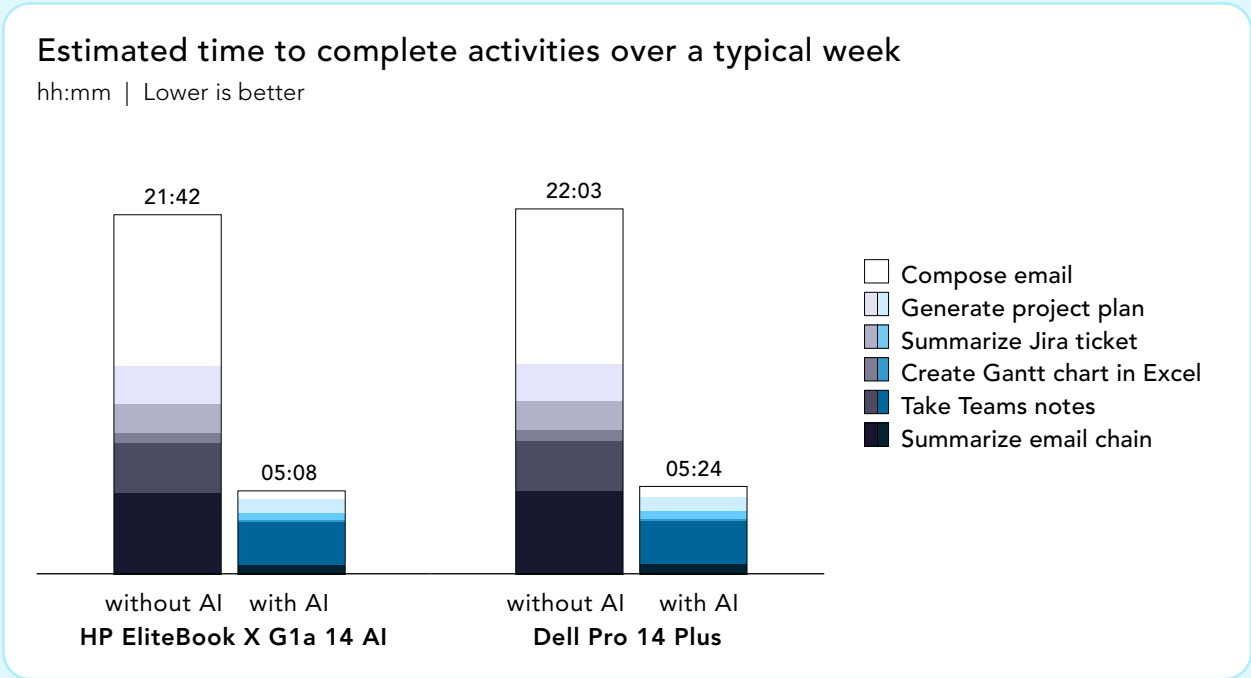


Figure 8: Estimated time to complete activities over a typical week with and without AI assistance on two different AMD Ryzen processor-powered PCs. Source: PT.

Conclusion

We explored the time savings that project managers and other power users could experience by employing AI technologies on AI-powered PCs with AMD Ryzen processors. In our testing with one HP and one Dell system, we found AI technologies reduced task completion times by as much as 93 percent, allowing professionals to reclaim valuable time. By estimating the frequency with which the test tasks would occur each week, we extrapolated that using AI technologies on these PCs could reduce the weekly work time from 21 hours and 53 minutes to 5 hours and 16 minutes on average—a savings of over 16 work hours, two full typical work days.

These time savings not only allow workers to focus on higher-value activities, improve the quality and speed of their work, and alleviate stress and reduce burnout risks associated with repetitive administrative work. AMD Ryzen AI PRO 300 Series processors are tailored for enterprise AI workloads. Having employees who use PCs featuring these processors integrate AI into daily work is a way for businesses to boost efficiency and foster healthier, more sustainable workplaces.

1. isolved, "isolved Research: Burnout Eroding Engagement as 8 in 10 Employees Struggle in an Uncertain, Changing Workplace," accessed September 23, 2025, https://www.isolvedhcm.com/media-center/press-releases/isolved-research-burnout-eroding-engagement-8-in-10-employees-struggle-in-uncertain-changing-workplace.
2. AMD, "AMD Launches New Ryzen AI PRO 300 Series Processors to Power Next Generation of Commercial PCs," accessed September 30, 2025, https://ir.amd.com/news-events/press-releases/detail/1221/amd-launches-new-ryzen-ai-pro-300-series-processors-to-power-next-generation-of-commercial-pcs.
3. AMD, "AMD Launches New Ryzen AI PRO 300 Series Processors to Power Next Generation of Commercial PCs."

Read the science behind this report ▶

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This project was commissioned by AMD.