



Methodology and global key messages



Now in its 15th year, Deloitte Global's survey connected with **22,595 Gen Z and millennial respondents across 44 countries** to explore their perspectives, experiences, and career ambitions. The results reveal that these generations are seeking progress on their own terms, prioritizing stability, skills, and well-being over fast-paced growth.

As Gen Zs and millennials move deeper into adulthood and leadership, they are reshaping how progress at work is defined. Over the past 15 years, these generations have changed work in tangible ways: Driving an evolution in leadership and workplace culture; normalizing flexible and hybrid work; advancing more open conversations about mental health; and elevating purpose and values as visible factors in career decisions.

But while expectations have shifted and norms have evolved, some structural realities have been slower to follow. In the face of economic pressure, rising costs of living, housing constraints, geopolitical instability, and rapid technological change, many Gen Zs and millennials are choosing to sequence ambition—investing first in skills, stability, and well-being before committing to roles or paths that feel unsustainable.

Despite external pressures, many Gen Zs and millennials are maintaining a positive outlook. Both generations are more optimistic about their personal financial futures than about the broader economy. They are actively reshaping their careers through continuous learning and skill development. And they largely see the proliferation of AI as an accelerant, not a threat, with many expecting it to free up more time, improve output, and open new paths for growth.

This 15th anniversary report tells a **coming-of-age story not of delay, but of discernment.** They are moving forward thoughtfully, selectively, and on their own terms. This underscores a broader reality: What generations need, want, and expect from work will and should continue to evolve. Meeting that reality requires dynamic models that are constantly adapting to enable people, across all generations, to thrive on their own terms.

Among this year's key findings:



Financial pressure is shaping both personal and professional decisions



Leadership ambitions are conditional as many consider the tradeoffs



Adaptability is now a core career capability



AI adoption is accelerating faster than organizational readiness



Mental health is improving, but **stress remains embedded in everyday work**



Purpose and connection define the ideal workplace—and influence retention



As a major generational transition approaches, **preserving knowledge is critical**

The following deck examines how **Czech Republic's Gen Zs and millennials** stand out from their global counterparts on these key themes.

Our methodology

The 2026 Gen Z and Millennial Survey solicited the views of 14,384 Gen Zs and 8,211 millennials (22,595 respondents in total), from 44 countries across North America, Latin America, Western Europe, Eastern Europe, the Middle East, Africa, and Asia-Pacific. Fieldwork was completed between 24 November 2025 and 15 January 2026. As defined in the study, Gen Z respondents were born between January 1995 and December 2007, and millennial respondents were born between January 1983 and December 1994.

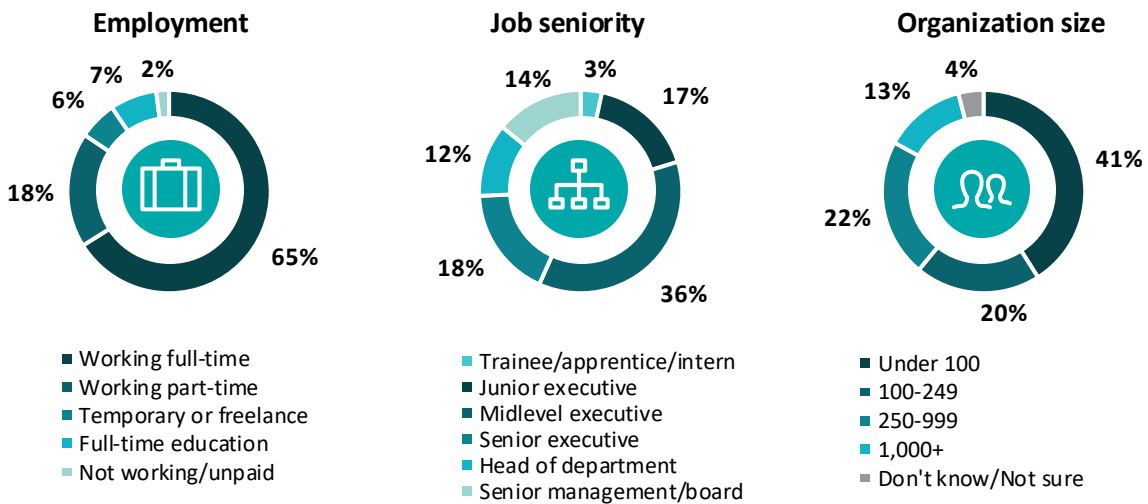
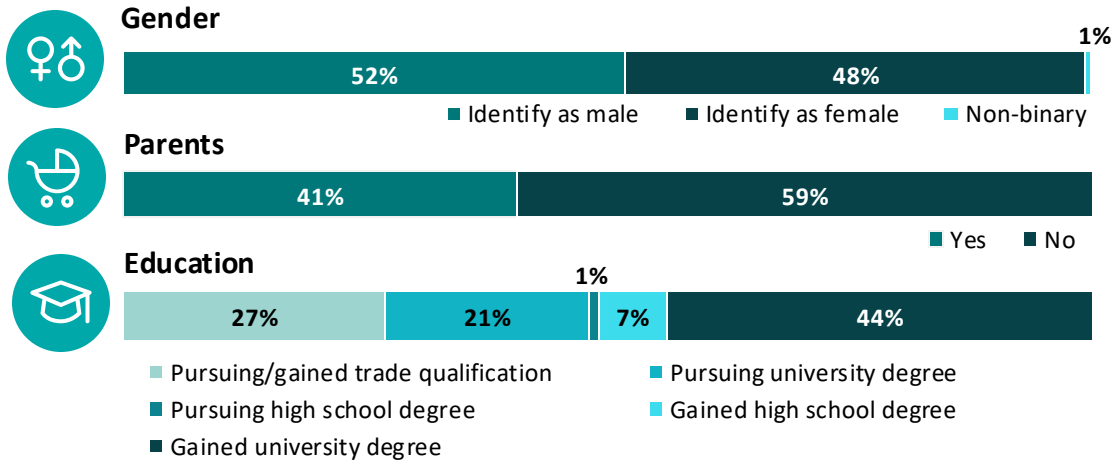


Country profile: Czech Republic

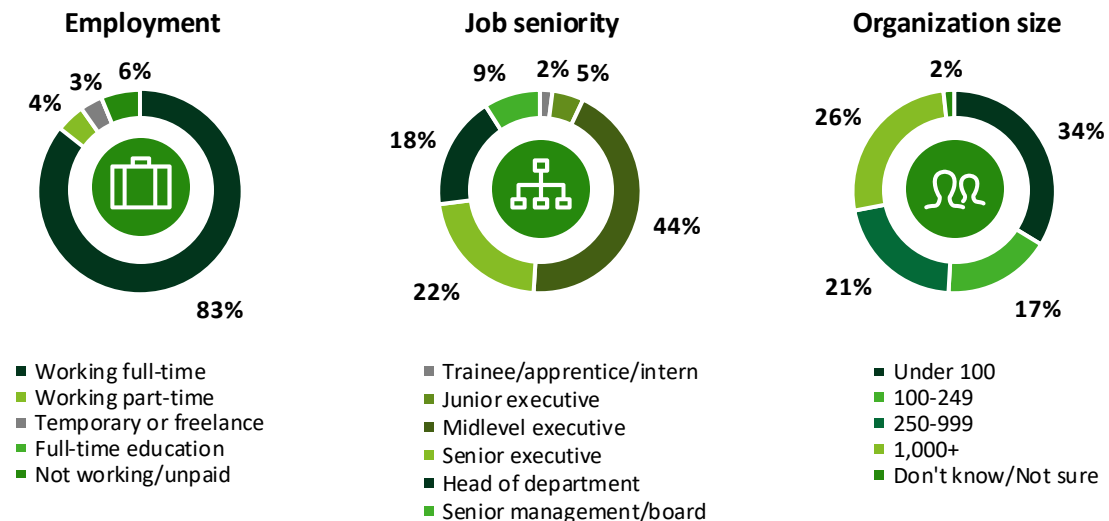
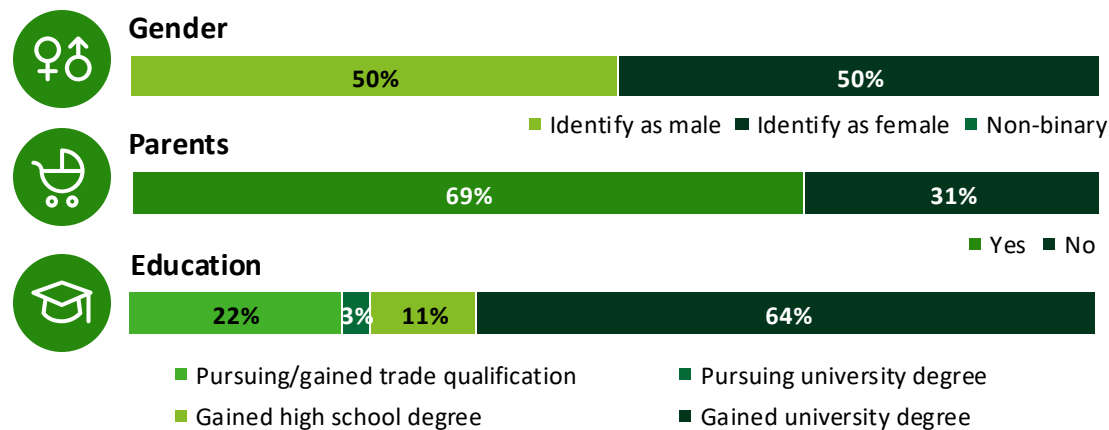
504 total respondents in Czech Republic: 301 Gen Zs and 203 millennials



GEN Z PROFILE



MILLENNIAL PROFILE





The 'Maybe Later' Reality: Financial Pressure and Delayed Decisions

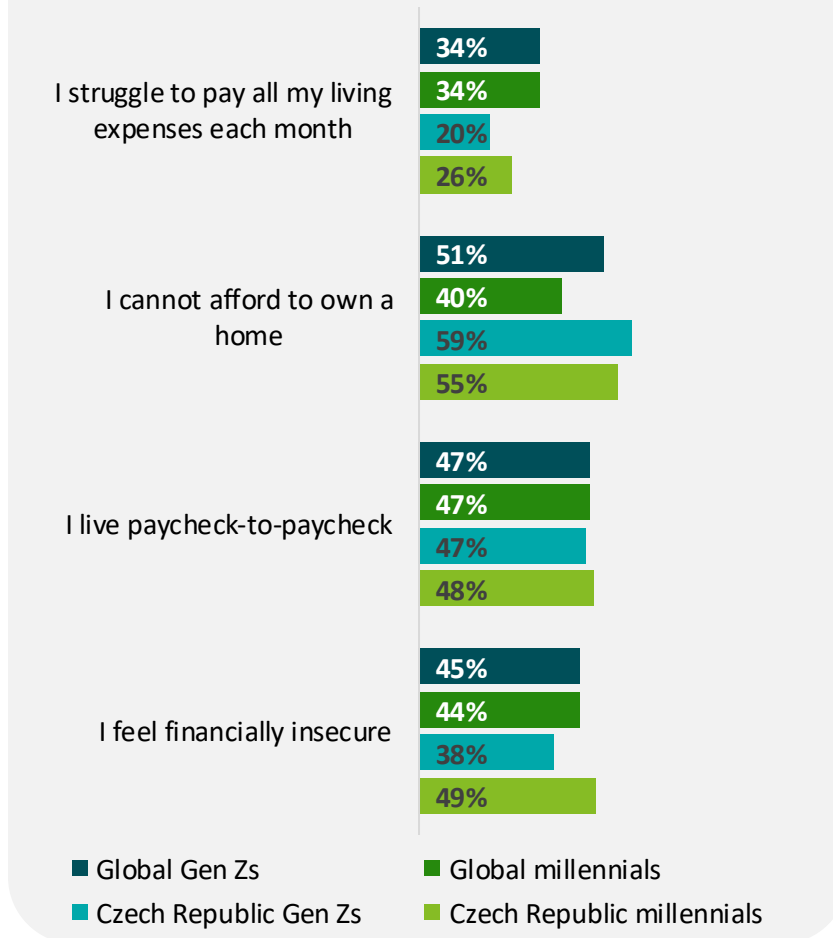


53% of Gen Zs and 62% of millennials in Czech Republic say they have delayed major life decisions due to their financial situation

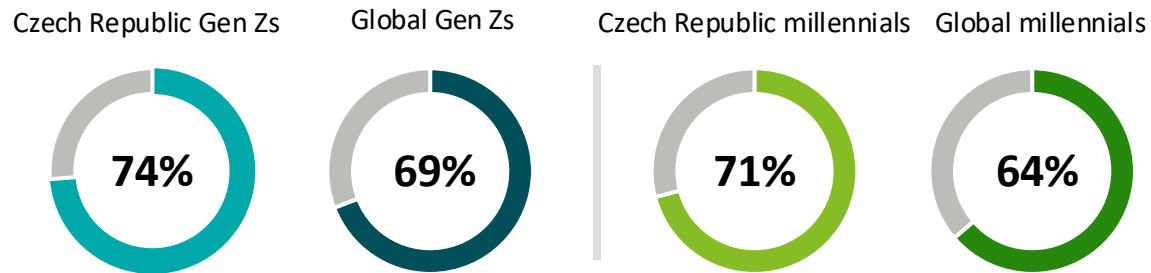
Top Concerns

	Cost of living	Political instability / wars / conflicts between countries	Mental health of my generation	Sexual harassment	Crime / personal safety
Czech Republic Gen Zs	35%	23%	20%	17%	15%
	Cost of living	Political instability / wars / conflicts between countries	Overall direction of your country	Corruption within business or politics	Health care / disease prevention
Czech Republic millennials	43%	31%	20%	15%	14%

Financial Stability



Percentage who say that the affordability of housing impacts their career decisions





Leadership, Reconsidered



While 69% of Gen Zs and 50% of millennials in Czech Republic are interested in pursuing leadership roles at some point in their careers, only 9% of Gen Zs and 5% of millennials say it is their primary career goal

Primary career goal

	Achieving financial independence	Becoming an expert in my field	Continuous learning and development	Achieving job stability and security	Maintaining a good work / life balance
Czech Republic Gen Zs	23%	18%	13%	13%	12%
	Achieving financial independence	Maintaining a good work / life balance	Achieving job stability and security	Continuous learning and development	Becoming an expert in my field
Czech Republic millennials	25%	22%	17%	11%	8%

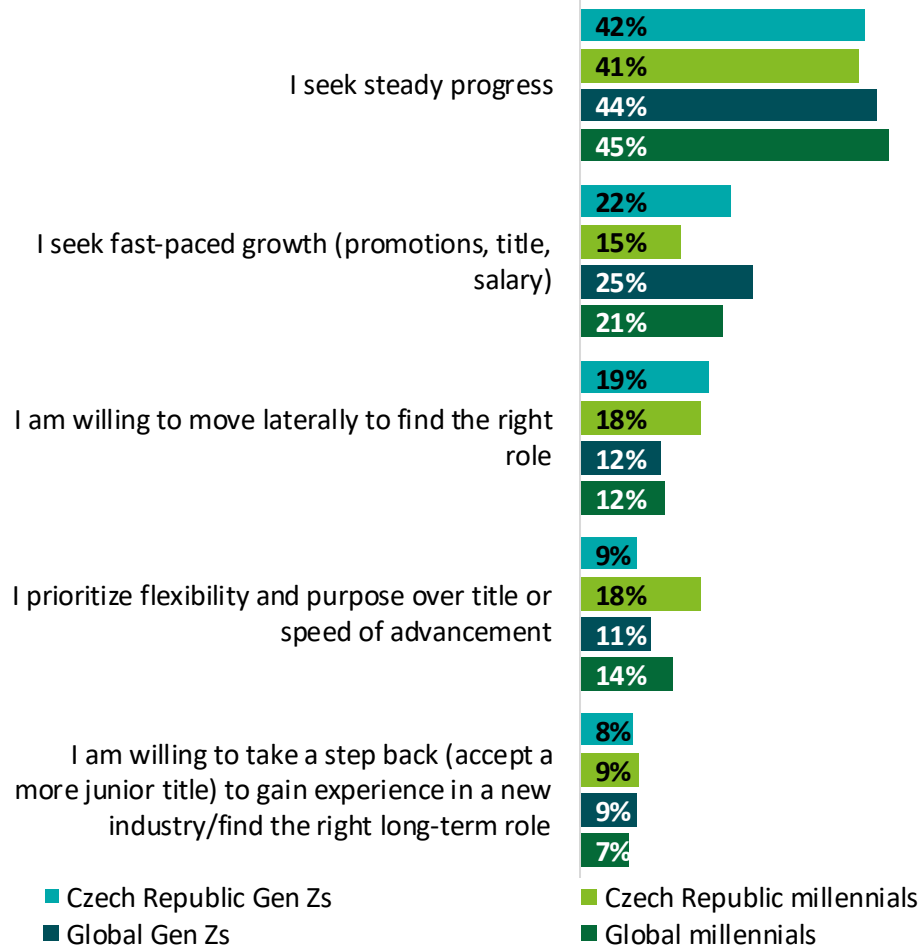


Leadership, Reconsidered

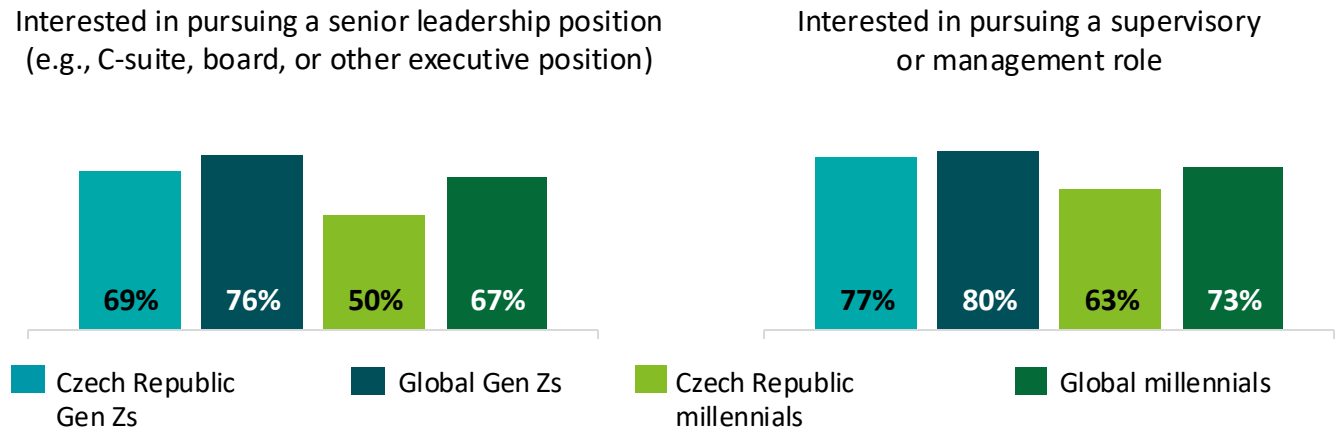


45% of Gen Zs and 61% of millennials globally, and 36% of Gen Zs and 45% of millennials in Czech Republic manage or supervise teams or are executives leading organizations

How respondents think about their career path (Percentage selecting each option)

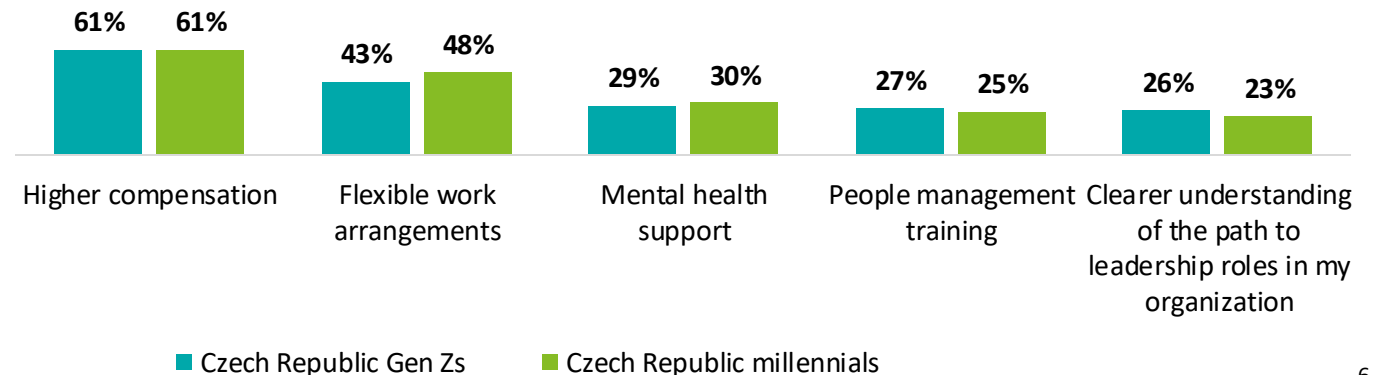


Percentage of respondents who agree they are interested in pursuing leadership roles



Top five factors that would increase interest in leadership roles

*asked of Gen Zs and millennials in Czech Republic who say they are not interested in pursuing a leadership role





Continuous Learning and Adaptability as a Career Strategy



Current and future skills

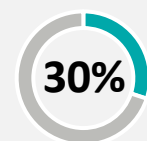
Percentage rating their skills as advanced in these areas (top 5)

	Empathy / emotional intelligence	Collaboration / teamwork	Adaptability	Communication skills	Critical thinking / problem solving
Czech Republic Gen Zs	47%	44%	41%	41%	37%
	Collaboration / teamwork	Adaptability	Communication skills	Creativity	Empathy / emotional intelligence
Czech Republic millennials	39%	36%	35%	35%	34%

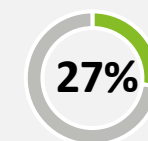
Percentage interested in developing this skill further (top 5)

	Creativity	Critical thinking / problem solving	Time management	Leadership / setting vision / decision making	AI / automation tool fluency
Czech Republic Gen Zs	48%	47%	44%	43%	43%
	Communication skills	AI / automation tool fluency	Digital literacy / IT skills	Collaboration / teamwork	People management / coaching
Czech Republic millennials	44%	41%	41%	40%	38%

Percentage of respondents saying they have completed AI training

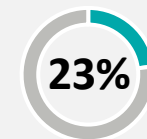


of Gen Zs in Czech Republic vs. 24% of Gen Zs globally

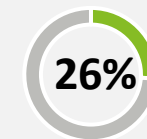


of millennials in Czech Republic vs. 23% of millennials globally

Percentage of respondents saying they continue to seek new AI training opportunities as the technology evolves

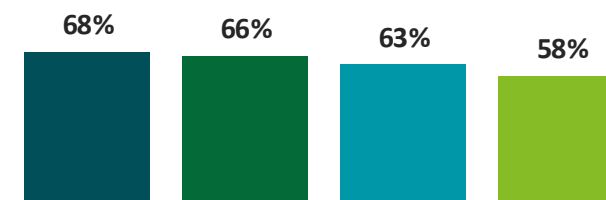


of Gen Zs in Czech Republic vs. 35% of Gen Zs globally



of millennials in Czech Republic vs. 38% of millennials globally

Percentage of respondents who are confident/very confident they can use AI in their roles at work



I can effectively use AI (e.g., GenAI, Agentic AI) in my role at work





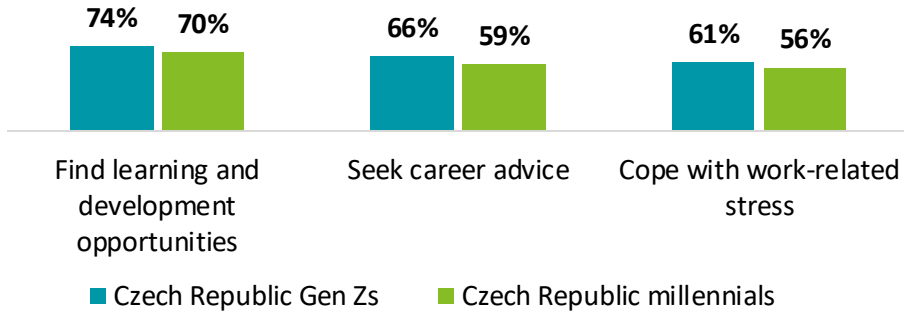
AI, Adaptability, and the Readiness Gap



66% of Gen Zs and 62% of millennials in Czech Republic use AI in their day-to-day work

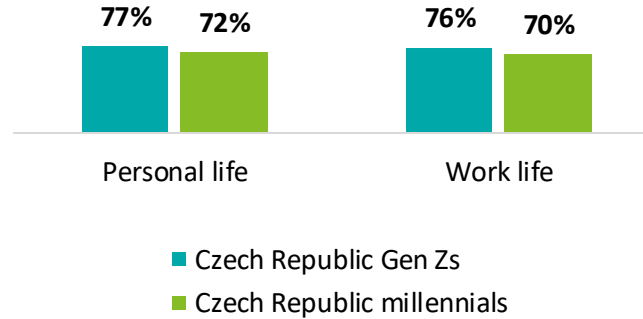
How respondents use AI for growth/well-being

Percentage saying agree/strongly agree



Those who say AI positively impacts their...

Percentage saying very/somewhat positive

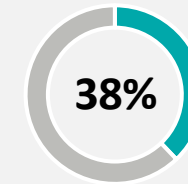


Top five barriers to AI use at work

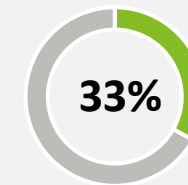
Percentage selecting each option

	It's easier/takes less time to do it myself	Lack of knowledge and experience	Lack of time	AI tools don't address specific needs of my role	Compliance requirements limit use
Czech Republic Gen Zs	25%	24%	23%	23%	20%
	Lack of knowledge and experience	Lack of effective training opportunities	I don't trust the outputs of AI tools	AI tools available lack creative capabilities	Lack of time
Czech Republic millennials	30%	23%	23%	20%	20%

Percentage of respondents who rate the AI tools provided by their employer are mostly/completely sufficient



of Gen Zs in Czech Republic vs. **38%** of Gen Zs globally



of millennials in Czech Republic vs. **40%** of millennials globally



Well-Being as Infrastructure



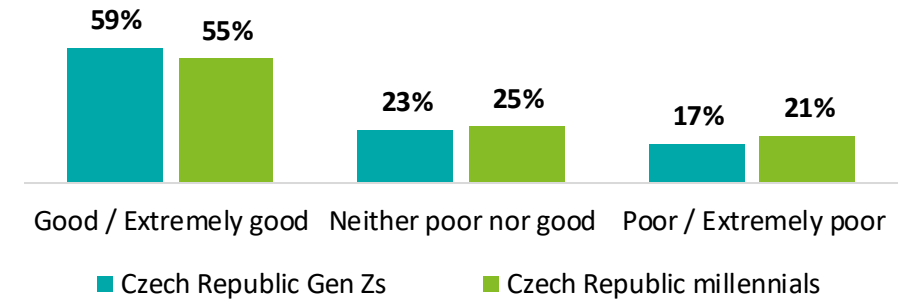
29% of Gen Zs and 32% of millennials in Czech Republic say they feel stressed all or most of the time

Top five factors contributing a lot to anxiety/stress in Czech Republic

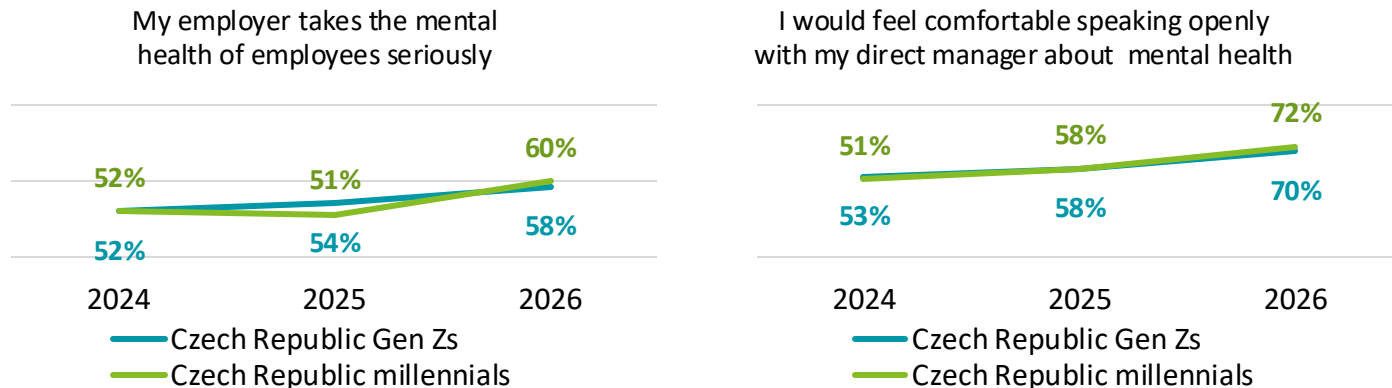
**asked only of those who feel anxious or stressed*

	My longer-term financial future	The health / welfare of my family	Family / personal relationships	My job	My day-to-day finances
Czech Republic Gen Zs	40%	36%	36%	28%	27%
	My longer-term financial future	The health / welfare of my family	Wars and geopolitical conflict	My physical health	Family / personal relationships
Czech Republic millennials	39%	31%	30%	28%	28%

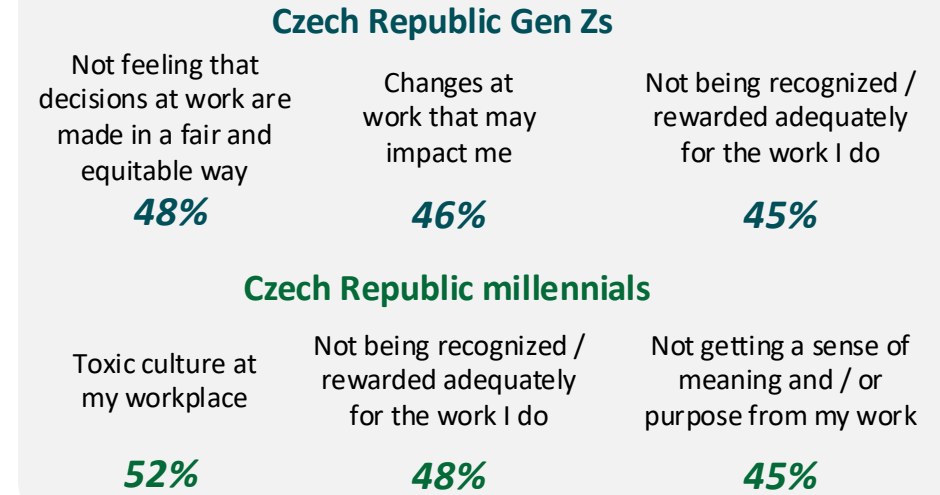
How respondents rate their overall mental well-being



Percentage who agree/strongly agree with the following statements about mental health in the workplace



Top three aspects of job contributing to anxiety/stress





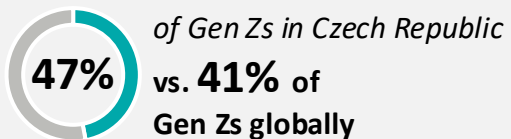
The Ideal Workplace: Where Purpose and Connection Converge



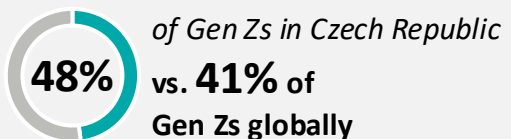
94% of Gen Zs and 95% of millennials in Czech Republic say *having a sense of purpose is important for their job satisfaction*

Percentage of respondents who rejected an assignment/potential employer due to personal beliefs

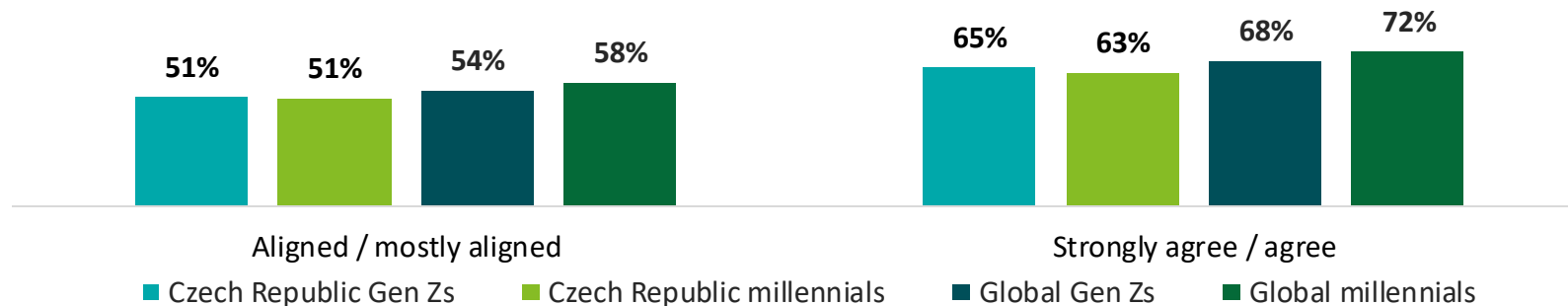
Potential employer



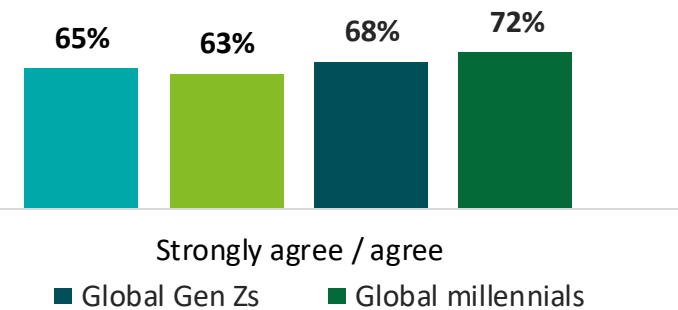
Assignment/project



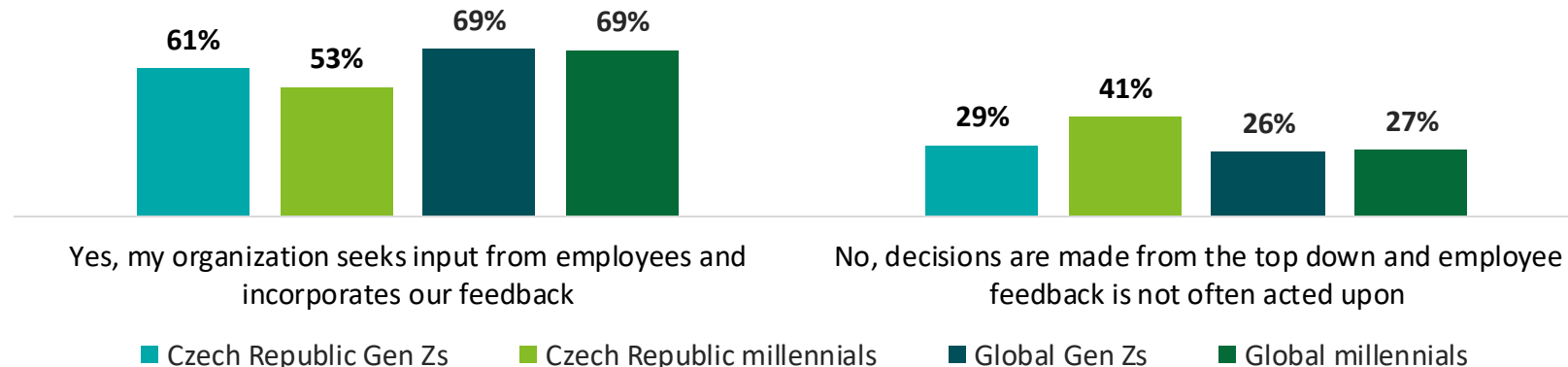
Percentage who say their current job aligns with their beliefs/values



Percentage who say their current job allows them to make a meaningful contribution to society



Belief in ability to drive change at work

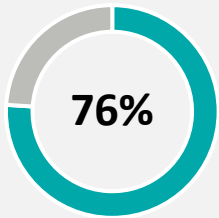




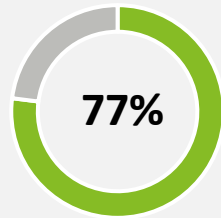
Workplace Connection: Relationships & Management



Percentage of respondents in Czech Republic who say they have **work colleagues** that they consider personal friends.



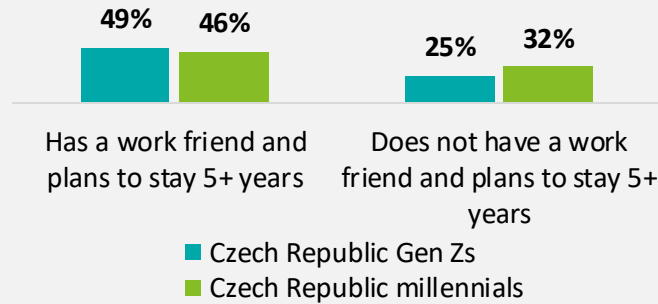
Czech Republic Gen Zs



Czech Republic millennials

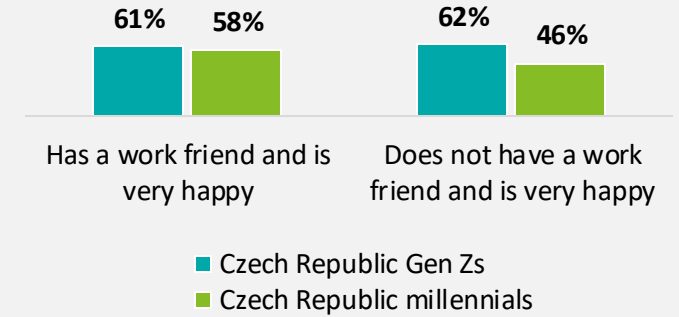
How work friendships correlate with planned work tenure

Percentage who plan to stay more than 5 years



How work friendships correlate with happiness

Percentage who are very happy with their life



Engagement with work colleagues (percentage selecting each option)





The Future They're Preparing For



48% of Gen Zs and 49% of millennials in Czech Republic say *their team could maintain performance if a key expert left*

Top five challenges concerning effective knowledge transfer (percentage selecting each option)

	Not enough time/prioritization	Lack of incentives/recognition	Remote/hybrid work makes it harder to learn	Confidentiality concerns	No standard templates or tools
Czech Republic Gen Zs	30%	30%	27%	24%	23%
	Not enough time/prioritization	Lack of incentives/recognition	High turnover disrupts continuity	Confidentiality concerns	No clear owner for documentation
Czech Republic millennials	42%	27%	26%	25%	23%



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