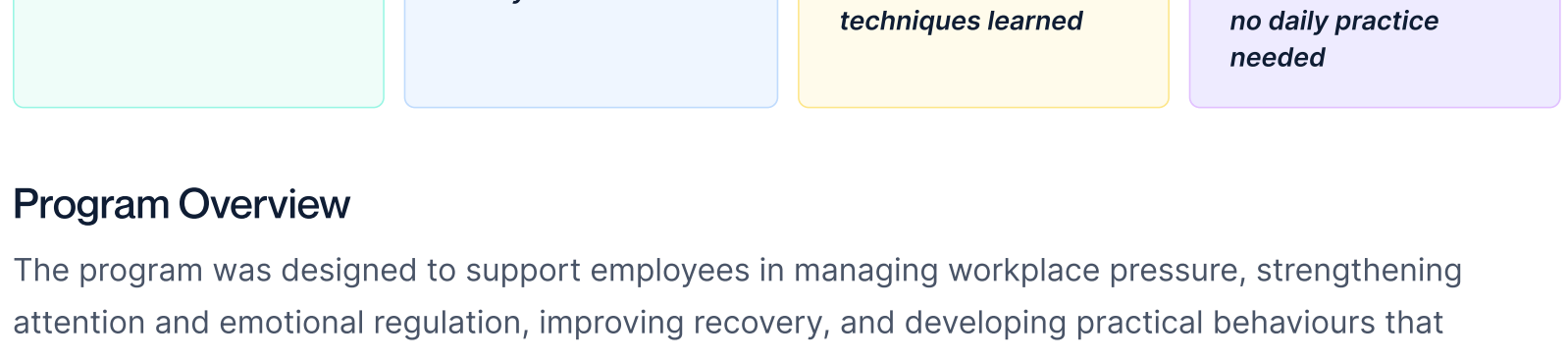




Program Overview

The program was designed to support employees in managing workplace pressure, strengthening attention and emotional regulation, improving recovery, and developing practical behaviours that contribute to sustainable performance and wellbeing.

Purpose of This Report

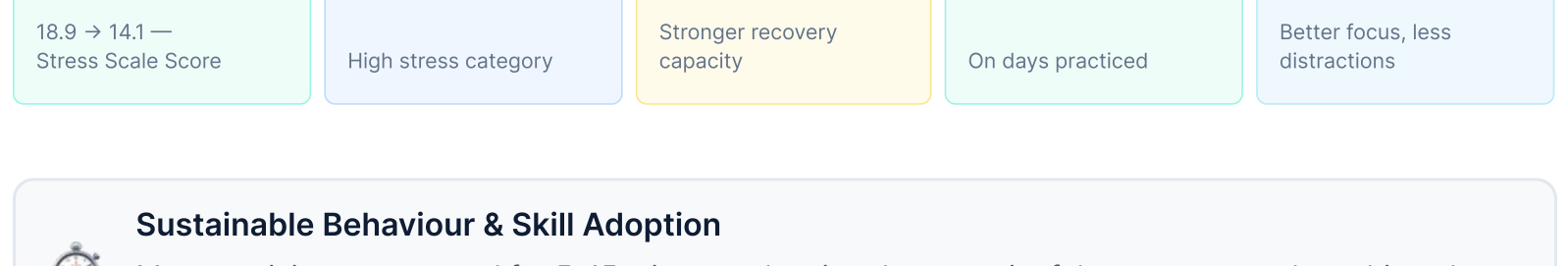
This report presents key outcomes identified through pre-program and post-program assessment.

- Changes in stress levels
- Participant-reported behavioural improvements
- Levels of resilience and wellbeing
- Practice frequency and duration
- Techniques most commonly adopted
- Broader organisational insights

EXECUTIVE SUMMARY

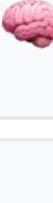
Key Report Insights: Measurable Reduction In Stress. Stronger Resilience. Minimal Time Burden.

Stress fell significantly, the highest-stress group nearly disappeared, and participants valued the techniques enough to keep using them with just a few minutes of practice, a few days a week



**Sustainable Behaviour & Skill Adoption**

Most participants engaged for 5-15 minutes, showing that meaningful outcomes can be achieved through short, practical interventions.

**Measurable Stress Reduction**

Average Stress Scale Score reduced from 18.9 to 14.1, showing a clear and measurable reduction in stress levels.

**Stronger Emotional Regulation**

Participants reported greater calmness and emotional control, supporting more balanced responses when managing workplace pressure.

**Broad-Based Improvement**

More than 90% reported positive change across core measures, including stress, attention, resilience and overall wellbeing.

**Meaningful improvements:** The program delivered a significant, measurable reduction in stress and the skills stuck. Participants reported calmer responses, greater resilience, and a strong intention to keep practicing beyond the program.

EXECUTIVE OUTCOME REPORT

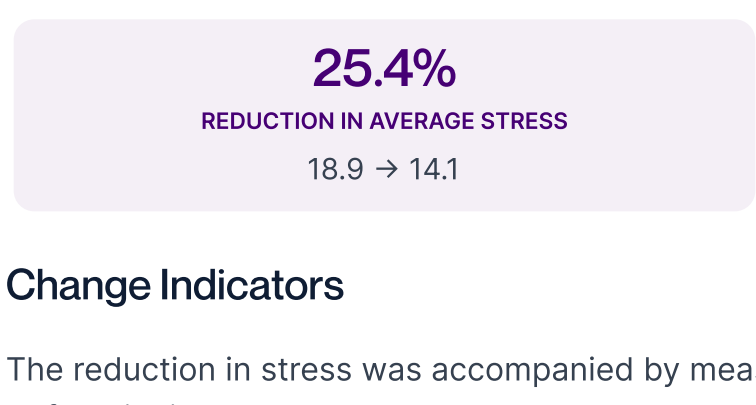
Page 2 of 6

OUTCOMES

Reduction In Stress

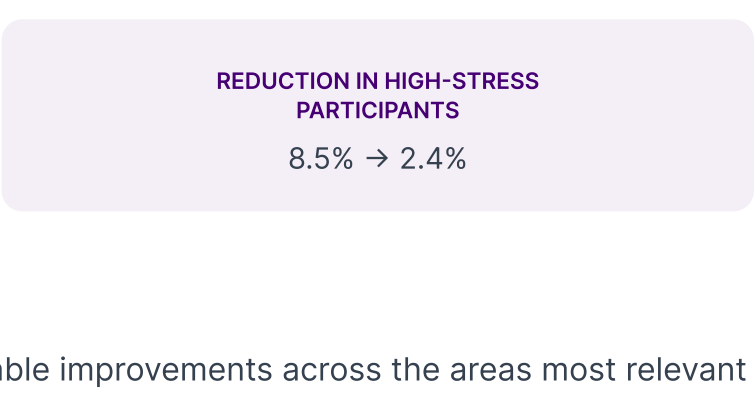
Average Stress Scale Score reduced by 25.4%

AVERAGE STRESS SCALE SCORE



25.4%
REDUCTION IN AVERAGE STRESS
18.9 → 14.1

HIGH-STRESS CATEGORY



REDUCTION IN HIGH-STRESS PARTICIPANTS
8.5% → 2.4%

Change Indicators

The reduction in stress was accompanied by measurable improvements across the areas most relevant to functioning under pressure:

- Clearer thinking and stronger concentration
- More balanced emotional responses
- Improved recovery following demanding periods
- Greater capacity to sustain performance under pressure

Key Insight: Stress outcomes improved across both the average Stress Scale Score and the high-stress category, with the proportion of participants in the high-stress category falling from 8.5% to 2.4%, alongside stronger calmness, resilience and overall wellbeing.

ORGANISATIONAL RELEVANCE	OUTCOME STATEMENT
• Reduced pressure on cognitive capacity • Greater capacity to adapt to changing demands • More sustainable performance under pressure	• Measurable change across stress and resilience • High participant-reported impact • Practical skills embedded into everyday routines

EXECUTIVE OUTCOME REPORT

Page 3 of 6

BEHAVIOUR CHANGE

Behaviour Change & Skill Adoption

Participants reported significant positive change

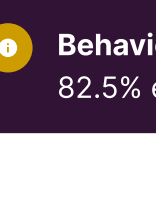
Participants reported positive change across stress management, attention, resilience and overall wellbeing.

**Better Ability to Manage Stress**

Greater control over stress and pressure.

**Better Control of Attention and Focus**

Improved focus and clearer thinking.

**Calmer and More Balanced Responses**

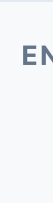
More considered responses under pressure.

**Greater Resilience**

Better ability to adapt and recover.

**Improved Overall Wellbeing**

Stronger overall wellbeing and resilience.

**Behaviour Adoption Insight:** Most participants engaged for 5-15 minutes per session, with 82.5% engaging 2-5 days per week.

EXECUTIVE OUTCOME REPORT

Page 4 of 6

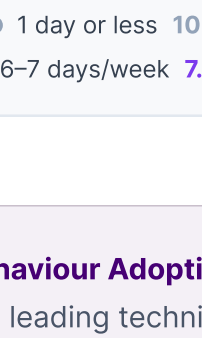
BEHAVIOUR & SKILL ADOPTION & WELLBEING

Behaviour & Skill Adoption

Practical, manageable and sustainable

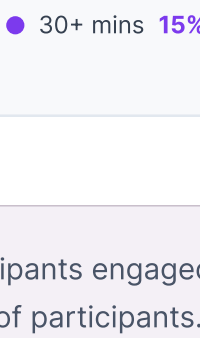
Participants adopted short, manageable activities that were easy to maintain alongside normal routines. Most engaged for 5-15 minutes per session, with 82.5% engaging 2-5 days per week.

ENGAGEMENT FREQUENCY



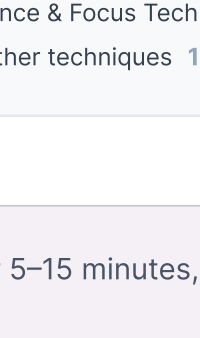
2-3 days/week 55%
4-5 days/week 27.5%
1 day or less 10%
6-7 days/week 7.5%

ENGAGEMENT DURATION



5-15 mins 62.5%
15-30 mins 22.5%
30+ mins 15%

MOST ADOPTED TECHNIQUES



Regulation Techniques 62.5%
Performance & Focus Techniques 25%
Other techniques 12.5%

Behaviour Adoption Insight: Most participants engaged 2-3 times per week for 5-15 minutes, with the leading technique adopted by 62.5% of participants.

Wellbeing Themes

Wellbeing Theme Profile: Pre to Post Program

Cheerful & in good spirits	30.6% → 31%
Calm & relaxed	23.6% → 54.6%
Active & vigorous	26.4% → 41%
Fresh & rested	1.5% → 6%
Interested in things	2.4% → 7%

EXECUTIVE OUTCOME REPORT

Page 5 of 6

ORGANISATIONAL INSIGHTS & CONCLUSION

Organisational Insights

Key assessment domains influencing workforce resilience and performance

The assessment examines the key factors shaping workforce resilience, wellbeing and sustainable performance.

**Attention**

Maintaining focus and managing distraction under pressure.

**Emotional Regulation**

Managing emotional responses and responding constructively to challenges.

**Recovery**

Restoring physical and mental capacity after demanding periods.

**Behaviour Change**

Building sustainable habits that translate into everyday behaviour.

**Burnout Risk**

Identifying early indicators of prolonged strain and exhaustion.

**Psychological Flexibility**

Adapting effectively to change, uncertainty and pressure.

Conclusion

The programme demonstrated measurable improvements across stress, resilience, attention and overall wellbeing. The findings also show that meaningful engagement was achievable through short, practical interventions that could be integrated alongside normal working responsibilities.

Measure What Matters

Measure the factors shaping stress, resilience and sustainable performance across your workforce.

Book an Organisational Diagnostic →

EXECUTIVE OUTCOME REPORT

Page 6 of 6