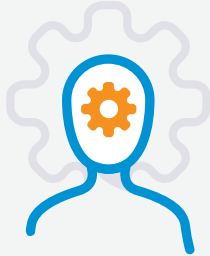


GLWS put under the microscope by senior scientists: a benefit & impact evaluation of 50+ leaders

83%



have a **better understanding of my wellbeing** and the specific factors that affect it.

81.2%



have taken at least **one positive step** to improve their wellbeing.



“My energy and/or performance levels have improved.”

42%
agree

39.6%
neither agree nor disagree

18.9%
disagree

72%



have had **more and/or better conversations** with my team/colleagues about their wellbeing.

79%



say they're **more observant** of others' wellbeing.

85%



feel positive about this wellbeing initiative from my organisation.



Have you **shared your experience and insights** from the GLWS/debrief with anyone else?

Yes:
69.8%

No:
30.2%



Would you **recommend the GLWS/debrief** to others?

Yes:
90.6%

No:
9.4%

Data provided by 53 leaders who completed the GLWS survey and had one debrief session

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