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The purpose of information is not knowledge. It is being able to take the right action.

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Peter Drucker





One quarter of working New Zealanders report moderate or high levels of psychological distress.

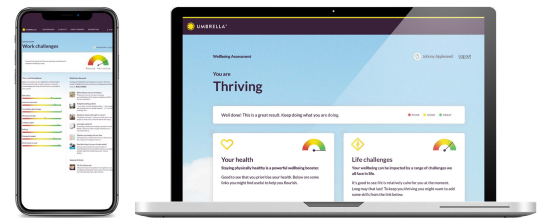
How can the Umbrella Digital Platform help?

- **Organisational insight**

Comprehensive wellbeing assessment, reports, and interactive dashboards to direct future wellbeing initiatives and monitor progress.

- **Individual support**

Personalised wellbeing reports and expert resources for each employee.



Understanding the wellbeing of your people is critical to developing a **proactive and evidence-based** wellbeing programme that is tailored to your people's needs. With the right programme you can achieve an average return of \$5 for every dollar invested through boosts in performance, productivity and loyalty (Deloitte, 2020).

Our comprehensive Umbrella Digital Platform (available on Android and iOS) actively supports people and their organisations to be psychologically healthy and productive by strengthening wellbeing, recognising distress early and delivering proactive evidence-based interventions. We integrate our digital platform, including Wellbeing Assessments and Wellbeing Pulse checks, with our face-to-face services to ensure that every employee receives the wellbeing support they need.

How does the Umbrella Digital Platform differ from other digital services?

- **Expert design and analysis.** Designed, run, and analysed by clinical, organisational and research psychologists.
- **Intervention delivery.** Our experienced team are available for consultation, workshop and e-training delivery, and psychological support and coaching.
- **Individual support.** Each employee is given personalised wellbeing resources. High-risk employees are given additional avenues to seek support.
- **Quality insights.** All data are analysed by key demographic groupings and benchmarked against normative data from 6,000+ employees.

KEY FOCUS AREAS:



Wellbeing and Psychological Distress



Individual Resilience and Healthy Habits



Work and Life Challenges



Organisational Support and Climate



Work-Life Balance

The Umbrella Digital Platform is designed by psychologists to support employee wellbeing everyday, including during change and uncertainty, and across dispersed teams.

Umbrella is an organisation founded by clinical psychologists. Our goal is to foster psychologically healthy and thriving workplaces. Over the past decade we have helped businesses of all sizes, and across the public and private sector, achieve better workplace health outcomes and resilience for their people.

We offer an integrated range of services with the Wellbeing Digital Platform -

- Wellbeing strategy consultation
- Facilitated workshops and e-training
- Resilience e-learning resources
- Psychological support and coaching

FOR MORE INFORMATION CONTACT:

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