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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.**

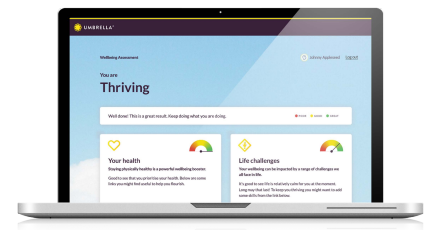
## How can the Umbrella Wellbeing Assessment help?

- **Organisational insight.**

*Comprehensive wellbeing report and interactive dashboard to direct future wellbeing initiatives and strategies, and help monitor progress.*

- **Individual support.**

*Personalised wellbeing report and resources for each employee.*



Measuring 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.

Our comprehensive Wellbeing Assessment is derived from internationally recognised measures that are widely used in organisational research. The assessment is undertaken online and takes approximately 15 minutes to complete. Once completed, an individually tailored report is instantly available to each employee for review and action.

### How does the Umbrella Wellbeing Assessment differ from other surveys?

- **Expert design and analysis.** Every organisational report is reviewed by a clinical psychologist who makes tailored recommendations based on findings.
- **Individual support.** Each employee is given a personalised wellbeing report. High-risk employees are given resources to seek support.
- **Quality insights.** All data are analysed by key demographic groupings and benchmarked against normative data from 6,000+ employees.
- **End-to-end service.** Our team organises all survey logistics, invitations, and reminders, and will meet with you to report back on key findings.
- **Peace of mind.** Our strict data collection and storage processes ensure the confidentiality of individual data.

### KEY MEASURES:



Wellbeing and Psychological Distress



Individual Resilience and Healthy Habits



Work and Life Challenges



Organisational Support and Climate



Work-Life Balance and Intention to Leave Job

The Umbrella Wellbeing Assessment is designed by psychologists to support wellbeing during change and uncertainty, and across dispersed teams.

Umbrella is an organisation founded by clinical psychologists. Our goal is to foster a psychologically healthy and thriving Aotearoa New Zealand. 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 alongside the Wellbeing Assessment -

- Help developing a wellbeing strategy
- Facilitated workshops and e-training
- Resilience e-learning resources

**FOR MORE INFORMATION, A FREE TRIAL, OR REFEREE DETAILS, CONTACT:**

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