



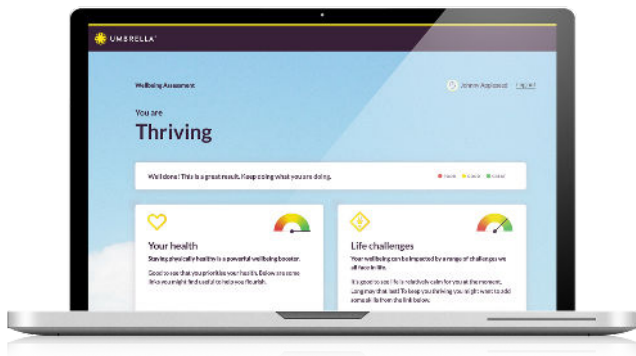
UMBRELLA Wellbeing Assessment

*Hear from your people what is driving their wellbeing.
Lift the lid on your team's wellbeing with our Wellbeing Assessment.*

The assessment is an online survey and takes approximately 15 minutes to complete.

Individual Feedback and Support

Our Umbrella Wellbeing Assessment provides an individual wellbeing report and access to resources for each employee who completes the assessment.



Organisational Report and Support

Organisations receive access to an interactive dashboard and comprehensive wellbeing report, providing insights into unique organisational wellbeing opportunities.

We meet with your leaders to discuss the findings from your assessment and talk about 'next steps' for your organisation.

Organisational Wellbeing

Measuring the wellbeing of your people is critical to developing a proactive and evidence-based wellbeing programme 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 psychologists provide you with recommendations and data to strategically support your people's wellbeing.

Our assessment provides you with a baseline to benchmark people's wellbeing and ensures that your strategy is evidence-based.

We offer an integrated range of services alongside our Wellbeing Assessment and can support you with:

- Reviewing your current wellbeing programme, policies and practices.
- Developing your wellbeing strategy and implementation plan.
- Conducting psychosocial risk assessments (aligned with ISO45003).
- Delivering mental health and wellbeing workshops facilitated by our team of psychologists.

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

Why choose our Wellbeing Assessment

- **Expert design and analysis.** Our psychologists analyse and translate the findings into practical recommendations to inform your organisational wellbeing approach and strategy.
- **Immediate individual support.** Each employee who completes the assessment is given a personalised wellbeing report. High-risk employees are given resources to seek support.
- **Quality insights.** Data is analysed by key demographic groupings and benchmarked against normative data from over 10,000 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.
- **Privacy.** We take your privacy seriously. Data is collected under the NZ Privacy Act, so individuals' data is held by Umbrella and not shared with the client organisation.

Our comprehensive Wellbeing Assessment is derived from internationally recognised measures that are widely used in organisational research.

Key measures:



Wellbeing and Psychological Distress



Work and Life Challenges



Individual Resilience and Healthy Habits



Organisational Support and Climate



Work-Life Balance and Intention to Leave Job

About us

At Umbrella, we partner with organisations across New Zealand to help them develop tailored and measurable wellbeing strategies.

Our team use a bespoke process that informs your strategy with reliable data, targets your investment, and promotes wellbeing over time.

Contact us

For more information, a free trial, or referee details, contact:

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