

Case Study – Online Wellbeing Profiler - WBP

Who took part?

Performance on Demand, POD, part of the NFE Group, sold its WBP online to members of the public; in most cases POD did not even know the names of the users, merely their e-mail addresses and in no instance did POD have any direct contact with any individual other than by means of the online WBP.

What was the program?

Each program involved users receiving monthly WBP's to complete for a period of one year. They were invited to complete the WBP, on the anniversary of their first completion each month, and answer the same set of questions each time. On completion they received a bespoke report about their resilience across 11 subject areas and an overall resiliency score. After month one they also received comparison reports from the previous month showing progress in all areas and finally a distance travelled report showing progress from the start.

What advice did they get?

In addition to the reports described above each report provides advice about how to improve in the two areas in which they have scored least well that month. In other words, the program is a complete self help training program bespoke to every user. Areas tested are; Tiredness, Anxiety, Anger, Relaxed, Positive attitude, Employee engagement, Mental clarity & decisiveness, Self-management, Control, Self-esteem and Lifestyle.

Results!

As a group the overall resiliency score improved on average by 19.72% but more interestingly those that kept going and engaged with the program for more than 4 months improved on average by an impressive 30.54%.

Even those that gave up early still improved on average by 9.74% so all was not lost.

It is also worth remembering that this group were completely self-motivated, paid for the program themselves and had no other interaction with POD other than by way of the online WBP program.

Cost?

As a standalone product the WBP costs just £1 per person per month (£12 annually) but it also available as an integral part of most of the NFE Group's Driver Training programs.

POD Workshop Training

“Just a quick if slightly belated note to thank you for your involvement in this year's Van Excellence events. We are very grateful for your support and your contribution was very well received by our delegates. You are probably aware that we ask attendees to provide us with feedback on all our sessions and I'm pleased to say your presentation was rated at a fantastic 95% (top of the class!) Once again, thank for your support and I look forward to catching up soon.



For more information about any of the Performance on Demand services please contact us below.