



People
Potential
Performance





Performance Diagnostic

This is a simple exercise that looks at a number of areas critical to resilience, health, wellbeing and performance, using a series of simple questions.

Remember this exercise is about you. Tick the answer that is correct for you and your circumstances as they are today, not last month or last year, but right now.

This will give you the best insight into you and help you understand and achieve more.

Acknowledgement:
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"It really did make us all sit up and take notice and absolutely had a positive effect. I think we are a much more productive team because of it."

Rebecca D'Arcy
Responsibility Manager, Orange

"My driver to access this course was to identify which was likely to kill me first, being a CEO in today's NHS or simply the lifestyle. For me it was the lifestyle which won! So I have prioritised where I can in my work life balance, raised my own awareness of stress and how to counterbalance that and determined to take care of myself a little better than before."

CEO, NHS Foundation Trust Hospital

"Can I just say that what you do is superb; why you do it - enlightened. And the gift it brings - enduring. I look forward to bringing your science to more people across the bank - the messages are so important. Thank you."

Standard Chartered

