



Performance Resilience Programme

INFORMATION | INTELLIGENCE | PERFORMANCE

Challenge

The pressing challenge for modern employers is the vulnerable individual. Pressure to deliver in a high performance environment is leading to increasing numbers of working days lost as a result of mental and stress related illness. A strategic focus on both performance and resilience is more essential than ever.

Action

Our experiences at the highest levels of Sport, Science and the Military, coupled with a proven data analysis system, gives us a cutting edge educational and technological capability. We capture relevant, meaningful data and with an informed and evidence based understanding, offer guidance and/or deliver a range of support packages to leadership, organisational and personnel wellbeing programmes.

Result

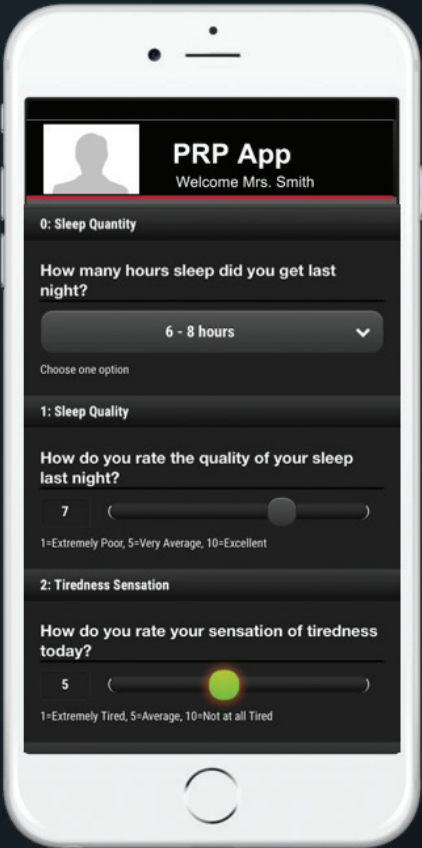
Create a values-driven, positive culture to further optimise performance and build resilience, minimising the effects of stress and improving performance, health and lifestyle.

How does it work?

Through a mobile application, the Performance Resilience Programme allows an organisation to collect meaningful data from its employees.

Trends can be highlighted across groups and overwhelmed individuals can be identified at the earliest possible stages of mental and stress related illness.

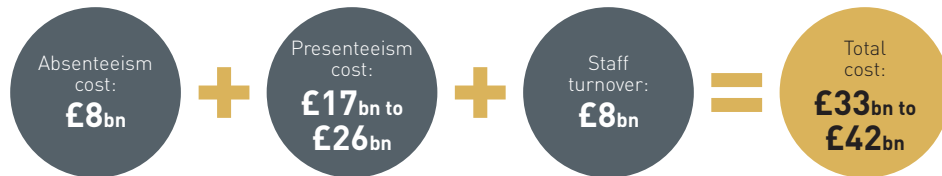
Targeted interventions are recommended and delivered, supported at all times by the employee app, resulting in a healthier, happier, more productive workforce.

A smartphone displaying a 'Summary for Wednesday 30th August 2017' table. The table lists players and their scores for Sleep Quality, Sleep Duration, Freshness/Readiness, and Tension/Soreness. A note indicates that a score of 1 is more than 2 standard deviations (1.11) above/below the player's average (3.50).

| Player | Sleep Quality | Sleep Duration | Freshness/Readiness | Tension/Soreness |
|---|---------------|----------------|---------------------|------------------|
| David Alfs | 1 | 4 | 5 | 4 |
| Draggo Altor | 4 | 10 | 4 | 4 |
| Craig Bailey | 1 | 5 | 1 | 5 |
| Antonio Barber | 3 | 5 | 3 | 5 |
| Jones Bernat | 5 | 10 | 5 | 1 |
| Vick Blutz | 1 | 5 | 5 | 4 |
| 1 is more than 2 standard deviations (1.11) above/below the player's average (3.50) | | | | |
| Johnny Calvert | 5 | 5 | 5 | 2 |
| Stephen Carter | 5 | 5 | 4 | 3 |
| Angel Dilbert | 3 | 5 | 3 | 1 |
| Bobby Dolso | 4 | 5 | 4 | 1 |
| James Farrimond | 2 | 4 | 1 | 4 |
| Simiego Fordland | 5 | 10 | 5 | 3 |
| Andrew Gardener | 5 | 9 | 5 | 1 |

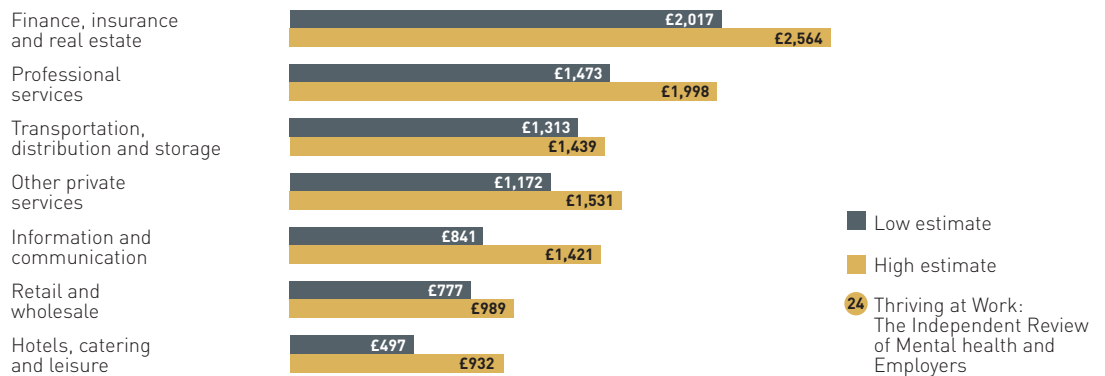
The research

Poor mental health costs employers between £33 billion and £42 billion a year. This is made up of:



This amounts to a cost per employee of between £1,205 and £1,560 per year. This cost is for all employees, not just those who are ill.

Private sector mental ill health costs per employee.
Average costs per employee: £1,119 – £1,481.



Shared clients



“We found them brilliant partners.”



Edward Sulley

Head of Research and Innovation
City Football Group
Manchester City, New York City, Melbourne City, Yokohama f. Marinos

“Our players, medical staff and performance teams all derive significant benefits.”



Dr Simon Kemp

Chief Medical Officer
Rugby Football Union

“Under Armour are delighted to be associated with such a respected leader and innovator in achieving the psychology and mindset for world class performance.”



Mike Dodds

Head of Retail
Under Armour

The Sports Office was founded with the purpose of maximizing the performance, health and wellbeing of elite professional athletes.

DNA Definitive was established to help organisations maximise their human talent. There is no such thing as a 'typical' DNA Definitive client or project. We put organisations and their people at the heart of the personalised performance and resilience programmes.

Contact us for
more information:



+44 (0)870 757 4466

www.thesportsoffice.com

info@thesportsoffice.com

Wigan Office:

Wigan Hall, New Market Street,
Wigan, WN1 1HH

London Office:

140 Buckingham Palace Road,
London, SW1W 9SA

Australian Office:

Suite 1, 111 Darley Street,
Mona Vale, NSW 2107