

Per4RM®



ENABLING MANAGERS, EMPOWERING TEAMS

This 5 week programme provides the framework, language and data to enable managers to have structured, psychologically safe conversations with their teams about how they can collectively achieve peak wellbeing and performance

Line managers attend an orientation workshop facilitated by OwnLife and then lead their team on a bonding 5-week journey for each person to discover what they need, and what they need from others, in order to sustainably perform closer to their best

A FULLY PERSONALISED JOURNEY

1.



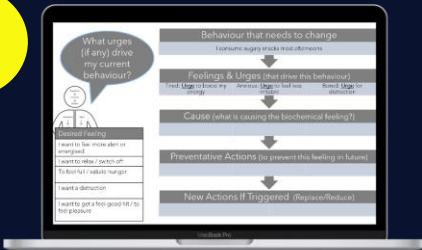
Cognitive performance tracking builds user awareness and gathers data

2.



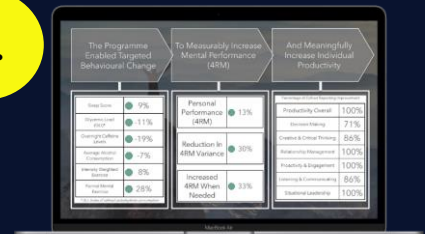
AI algorithms generate personalised, evidence-based recommendations

3.



A targeted behavioural change process shifts mindsets to optimise performance at work

4.



Aggregated data provides line-managers clear ROI & unique insight to calibrate culture



“The programme has changed my relationship with the team. Performance is up, trust has grown and stress reduced”

Andrew Downs – COO