



EMPOWERING YOUR PEOPLE

POWERING YOUR PERFORMANCE

OUR ETHOS – MENTAL FITNESS IS FOR EVERYONE

We want to help everyone find mental balance and focus through practical everyday applications. We do this whilst measuring individual Mental Fitness against your key organisational metrics. A healthier employee and a healthier organisation can now be explicitly linked.

HOW CAN WE HELP YOU AND YOUR ORGANISATION?

We are experts in looking after your people's mental wellbeing and helping them maintain good mental fitness. It is what we are here for.

We give your people the tools to build mental fitness, so they are happier, healthier, and more productive at work. Our holistic offering serves to:

- ✓ Optimise employee potential, both at work and at home.
- ✓ Improve business performance by invigorating your workforce.
- ✓ Build trust by demonstrating your commitment to employee wellbeing.
- ✓ Positively influence the happiness and health of society.

87% has been a key contributor to reduced sickness leave, reduced mental health absences, lower turnover and higher staff engagement"
Duncan Short, Director of Resources at VIVID

TURN MENTAL FITNESS INTO A COMPETITIVE ADVANTAGE

Our unique capabilities link employee wellbeing data to organisational KPI metrics to put Mental Fitness and organisational health directly onto your balance sheet.

- ✓ Track the health and wellbeing of your people and organisation with measurable data.
- ✓ Inform long-term, targeted wellbeing initiatives that change with your people metrics.
- ✓ Enjoy the benefits of improved staff focus and performance.
- ✓ Generate tangible returns and value in line with key HR and business metrics.

"Our clinically validated approach combines technology, education and data driven insight, catalysing sustained behavioural change across organisations"
Nick Reader, Director of Wellbeing Strategy at 87%



A MENTAL WELLBEING ECOSYSTEM

OUR FOUR PILLARS

 Mental fitness

 Measurement

 Insight & Strategy

 Education



Mental fitness

Regular exercises and reflections encourage Mental Fitness as a part of everyday life. Our tools help to sharpen focus, strengthen relationships, reduce anxiety and better manage day to day stress. This leads to better engagement and interaction amongst colleagues and a happier, healthier and more productive organisation.

Measurement

Understand the health of your organisation with clinically valid measurements.
Benchmarking of employee mental wellbeing and fitness at an individual and also organisational level.
Detailed data and insight to focus strategic improvement in the areas that will really make a difference.

Education

Data led training and development of your managers and people.
Targeted self-help and support modules attuned to the ongoing needs of your individual employees.
Manager-specific content and resources to drive the widest impact and reach.

Insight & Strategy

Understanding your key business metrics and deliverables and aligning them with our rich clinical data to drive unique insights into individual and organisational performance.
By continually helping and monitoring the Mental Fitness of your people, we can evidence the positive impact this has on the health and wellbeing of your organisation.

To find out more and help your people & organisation thrive, get in touch as we would love to talk to you!

GET IN TOUCH



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Data - Powered Mental Fitness