



# Conducting a Group Project

20 August 2019

# BOOST YOUR OFFERING WITH GROUP PROJECTS

- We recommend conducting the Lifestyle Assessment as a group project when there are several individuals to measure – this will save you time and money
- A group project can consist of the members of a coaching group, an entire company or a specific team.
- The Group Reporting tool allows you to monitor the progress of a specific group or compare two groups.



# BENEFITS OF GROUP PROJECTS FOR THE PROFESSIONAL USER

- A group project enables you to:
  - Hold Info and Feedback meetings to a group of participants at the same time.
  - Provide shorter personal feedback discussions after the group session, if desired.
  - Create a group report of the results, development areas and effectiveness of the project, as long as the group has at least 7 members (to ensure privacy/anonymity).
  - Save time when preparing assessments and analysing measurements in Lifestyle Assessments.



# BENEFITS OF GROUP PROJECTS FOR THE CLIENT

- For the individual:
  - Information on what promotes one's well-being and where there is room for improvement.
  - In addition to the actual result, everyone should set 1-2 personal action points that fit their current life situation and state of well-being and help in reaching their goals.
- A summary for the company and the group:
  - What was achieved with the assessment and what kinds of wellness goals were set.
  - Key conclusions and satisfaction with the project.
  - Recommendations on what the company can focus on and when the next measurement should be conducted.

# GROUP PROJECT STEP-BY-STEP

1. *Info meeting*: general info and details on when the measurement is to be conducted, as well as instructions on how to use the monitor and where/when to return it afterwards.
  - You can utilize the *Info meeting* slide presentation provided by Firstbeat (Learning Centre).
2. Create a group in the Lifestyle Assessment: *Groups* → *Create new group* (see also instructional videos)
3. You can create the desired group reports (in addition to the individual reports) when the measurements are finished.
4. If you want to add participants to a pre-existing group and group report, you can do so in the *Group reporting tool*.
5. Schedule a group feedback session with your clients, where you discuss (anonymously) how the individual reports are interpreted and share the results of the Project Summary.
6. Even if you provide the feedback as a group session, you should support your clients in planning their individual goals.
  - You can use the *Group Feedback* slide presentation to help you out (Learning Centre)

# GROUP FEEDBACK

- Duration app. 60 min.
- Personal reports are handed to the participants. Anonymous sample reports are used in the presentation to explain how to interpret the reports.
- Group feedback session:
  - Introduction to Lifestyle Assessment and stress
  - Interpretation of the reports through sample reports
  - Examples on action points
  - Goal setting
  - Summary and discussion
- Further actions:
  - An opportunity for a personal feedback session can be provided (15-30min/person; e.g. onsite or phone)
  - The date for a possible follow-up measurement is agreed on



# LIFESTYLE ASSESSMENT GROUP REPORTS

- Anonymous group reports summarize the results of a group
- Available group reports:
  - Project Summary
  - Lifestyle Assessment Group Report
  - Pre-Questionnaire Group Summary
  - Specialist Group Report (*for the specialist only!*)
  - Physical Workload Group Report (*for Occupational Physiotherapists*)

# GROUP SUMMARY - STRESS

## STRESS – MEASUREMENT RESULTS

### Self-reported stress

53% Feel stressed.

### Measured stress balance

 82% Stress and recovery in balance

 18% Elevated amounts of stress

 0% Significantly elevated amounts of stress  
- Further consultation recommended

 The result is based on several variables of stress and recovery.

### Action Points

47% Of the participants set a goal related to stress management

### Measured stress balance - Group result



HVA team



An employee who knows how to manage stress and balance it with recovery is more efficient and makes less mistakes. Sufficient recovery supports coping, improves resilience and decreases the risk of overload.

# GROUP SUMMARY - SLEEP

## SLEEP – MEASUREMENT RESULTS

### Self-reported sleep

74% Feel that they sleep enough

### Measured sleep

 44% Had good recovery during sleep

 56% Had moderate recovery during sleep

 0% Had poor recovery during sleep

### Action Points

53% Of the participants set a goal related to sleep and recovery

### Measured sleep - Group result



HVA team



Sufficient sleep and good recovery during sleep improve the employee's ability to cope with stress and heavy workload. By improving recovery, we can build resilience for the days ahead.

# GROUP SUMMARY - EXERCISE

## EXERCISE – MEASUREMENT RESULTS

### Self-reported physical activity

**68%** Feel that they are physically active enough to get health benefits

### Measured physical activity

**53%** Were physically active enough to get health benefits

**31%** Were moderately physically active

**16%** Were not physically active enough

### Action Points

**42%** Of the participants set a goal to increase exercise and light physical activity.

### Measured physical activity - Group results



HVA team



An employee who is in good physical condition is healthier, experiences less stress and recovers better. Good fitness also improves work efficiency.

# GROUP SUMMARY - GOALS



## Number of goals

42 Goals in total

2.2 Goals / person

## Goal segmentation

47% Related to stress

53% Related to sleep

42% Related to exercise

5% Related to nutrition

## TOP3 most popular goals

1. I will take regular short breaks during the work day.
2. I will increase the amount of light physical activity, e.g. by using the stairs, walking short distances and avoiding uninterrupted sitting.
3. I will attempt to go to bed early enough to get enough sleep.

The Goals section summarizes the goals set by the participants. It is important that the Professional in charge of the project helps guide the goal setting in the right direction with reference to the actual results.

# GOALS THAT PEOPLE TYPICALLY SET TO IMPROVE WELL-BEING

- Identify personal stress factors & learn better stress management strategies
- Make time for short recovery moments
- Find an enjoyably physical activity
- Increase the amount of sleep (34%)
- Reduce use of alcohol and stimulants

Source: Firstbeat database (over 100 000 measurements)



# SUMMARY OF THE LIFESTYLE ASSESSMENT PROJECT

- During the summary, you can give recommendations based on the group result.
- Summarizes the group result for the company management and the group, and highlights the importance of a follow-up assessment.

Recommendations based on the measurement. E.g.

*Based on the measurements, the overall well-being of the staff is moderate. However, there is room for improvement especially in the area of physical activity. The subjective well-being of staff seems to have declined slightly. In addition, we noted that...*

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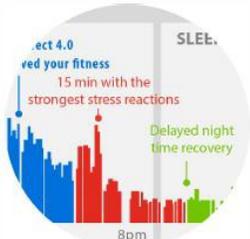
*Based on the results, we recommend the following actions:*

1. *Physical activity opportunities at work*
2. *Stress management course*
3. *Sleep seminar*

*Please see our recommended service providers.*



HEARTBEAT  
MEASUREMENT



PERSONAL REPORT



SPECIALIST  
FEEDBACK



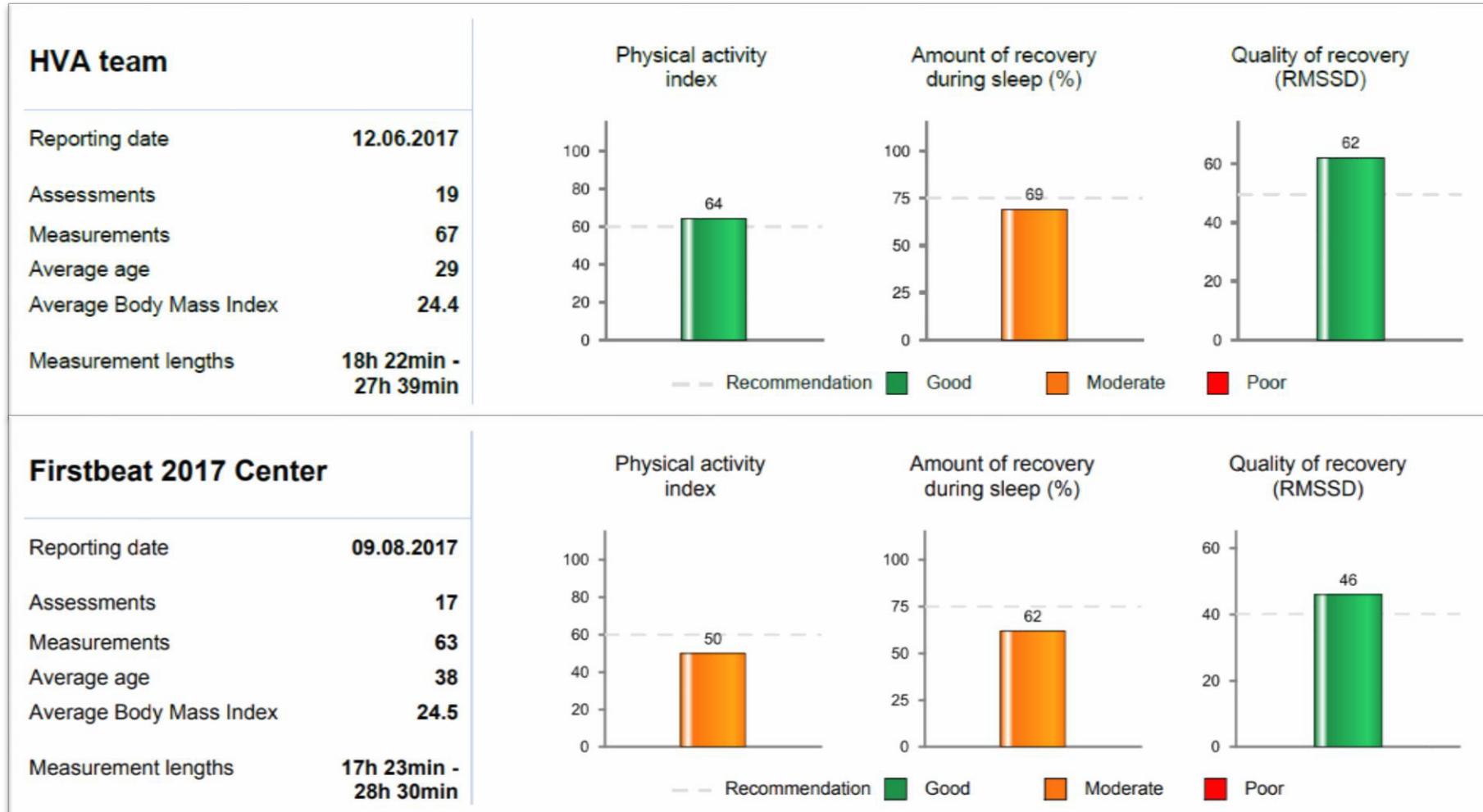
LIFESTYLE  
CHANGES



FOLLOW UP

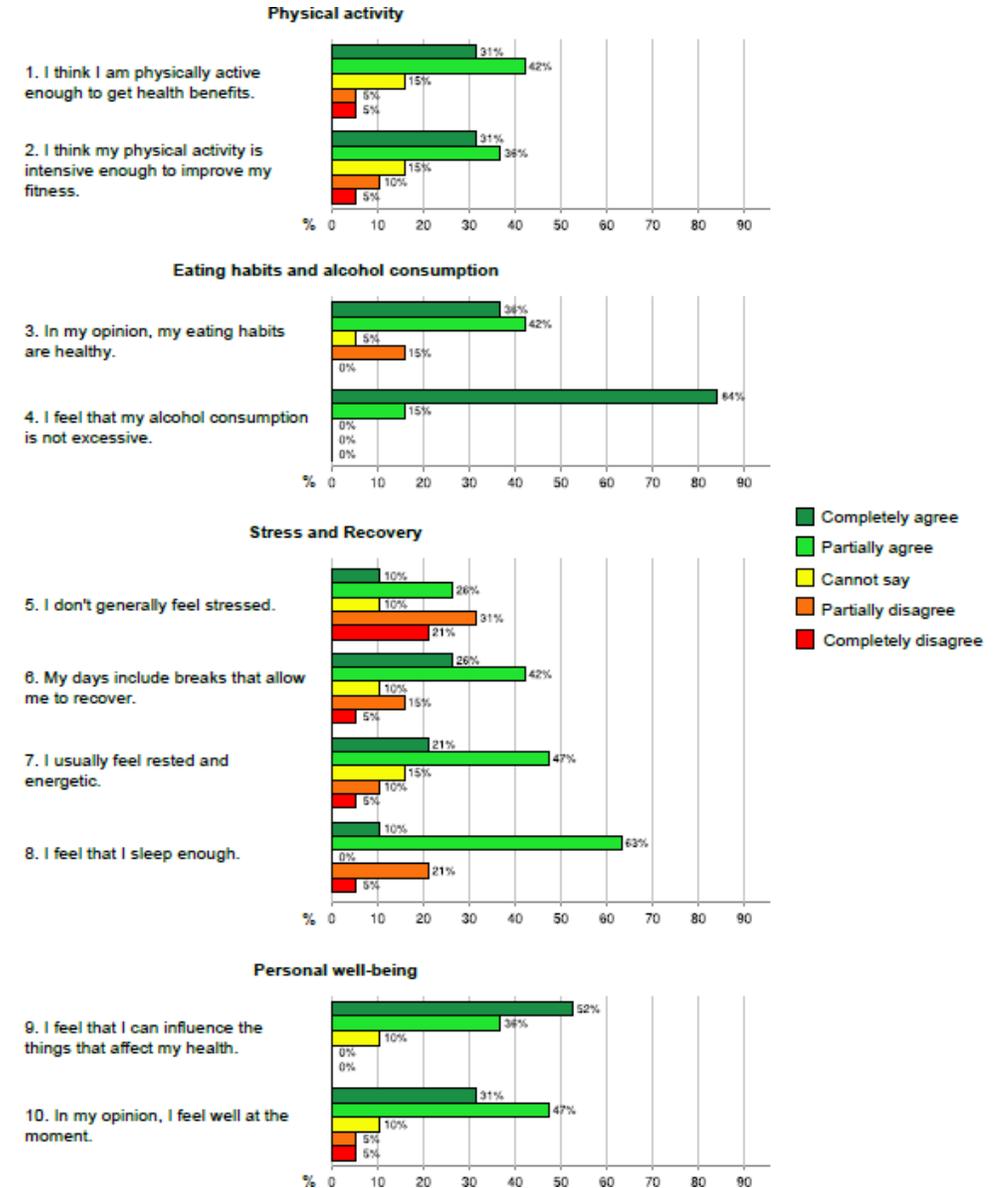
# LIFESTYLE ASSESSMENT GROUP REPORT

Recognize well-being –related improvement areas and compare follow-up results.



# PRE-QUESTIONNAIRE GROUP SUMMARY

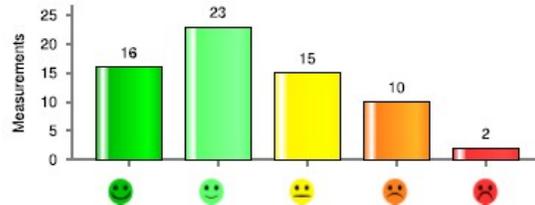
Compare subjective perception and physiological measurement data



# SPECIALIST GROUP REPORT

Helps to recognize employees at risk for burnout/exhaustion

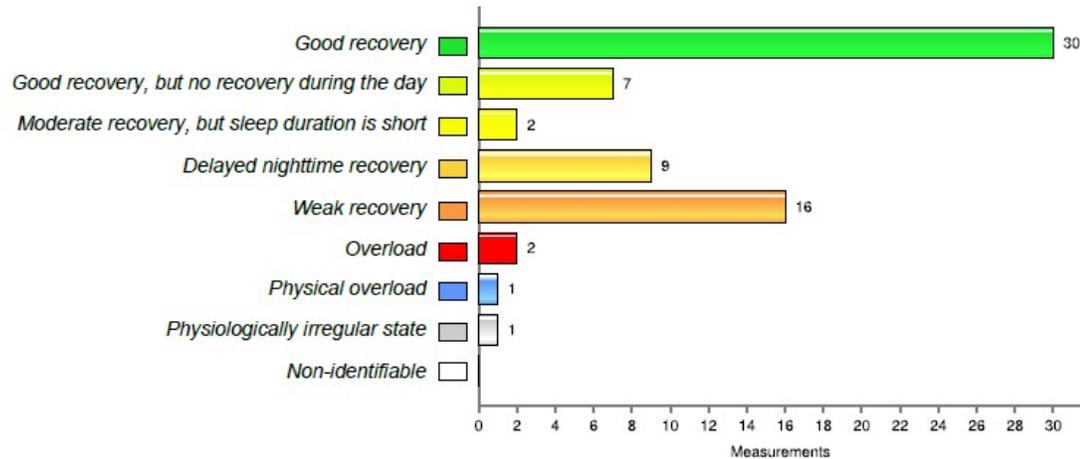
## Distribution of self-reported sleep quality



## Alcohol Consumption

16% of measured days contained alcohol consumption (an average of 3.6 units per day).

## Distribution of Stress State Classification



The bar chart shows the distribution of measurement days to the different stress state categories. The number next to each bar tells how many days were identified in that category. Each person's personal summary is shown on the following pages. The Attention section shows the names of people who the analysis identified as having signs of poor or delayed recovery (left) or found indication of ectopic beats (right).

**Note!** This report is intended only for the specialist

**AND NOT UNDER ANY CIRCUMSTANCES FOR THE COMPANY OR CLIENTS!**

## Attention

Persons with follow-up recommendation 1 month (0/19):

Thank you.